Toronto metro

WEDNESDAY, FEBRUARY 3, 2016

WHOLESOME LOVING CARE
blended for NATURALLY BEAUTIFUL HAIR

NEW
Whole Blends™

PARABEN FREE

enriched with
COCONUT OIL
& COCOA BUTTER
EXTRACTS

smoothing blend
for frizz-prone hair

FIND YOUR BLEND
#WHOLEBLENDS

GARNIER

GARNIER

NEW Whole Blends™

$1 OFF

ON ANY WHOLE BLENDS PRODUCT

46972776

TO THE RETAILER: upon presentation of this coupon towards the purchase of any Garnier Whole Blends, product, Garnier Canada will reimburse you the face value of the coupon plus our regular handling fees. This coupon cannot be combined with another special offer. We reserve the right to refuse reimbursement where we suspect fraudulent redemption. Failure to send in on request, evidence that sufficent stock was purchased in the previous 90 days to cover coupons presented will void coupons. Reimbursement will be made only to retail distributors who redeemed the coupons. GST and provincial sales tax, where applicable, are included in the coupon value. For redemption, mail to Garnier, P.O box 3000, Saint John, N.B E2L 4L3 **TO THE CONSUMER:** valid only in Canada. Coupon is valid until February 22, 2016. Limit of one coupon per purchase. Not redeemable for cash. Facsimile prohibited.

Available at SHOPPERS DRUG MART

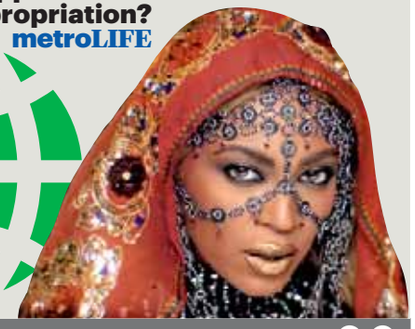
ROSEMARY WESTWOOD:
Team Ghomeshi turns tables with most damaging evidence yet
metroVIEWS

Tonight's jackpot
$5,000,000 estimated
plus the guaranteed
$1 million prize
LOTTO 649
welcome to cloud 649

Toronto metro

Your essential daily news | WEDNESDAY, FEBRUARY 3, 2016

BEYONCÉ
Cultural appreciation or appropriation?
metroLIFE



High 14°C/Low 0°C Showers

LIZ BEDDALL/METRO

WE SAY BRING HIM ON
Toronto boxing club planning to crash 'pro-rape' pickup artist's gathering
metroNEWS

Toronto on brink of flu epidemic

HEALTH

Doctors saying it's not too late for vaccination

Luke Simcoe
Metro | Toronto

Break out the hand sanitizer, Toronto. The city is on the brink of a flu epidemic, according to Toronto Public Health.

Lab-confirmed cases of influenza started creeping up near the end of January and are expected to continue picking up steam. Absenteeism from local schools, another indicator of disease, has also been on the rise.

While influenza outbreaks are expected every winter, they can be difficult to predict — and pin down, said Dr. Irene Armstrong with Toronto Public Health.

"We tend to see all other respiratory viruses spreading at this time as well," she said.

If you're feeling ill, Armstrong said, you should wash your hands often, avoid touching your face and stay home from work or school. After all, "you don't want to infect all your friends and colleagues."

It's also not too late to get a flu shot. "We know that the flu shot, although not perfect, is still the best way to protect yourself from getting influenza," Armstrong said.

Ontarians have a poor record of getting vaccinated against the flu, ranking near the bottom of a list of proactive provinces, according to Statistics Canada. Torontonians also don't seem overly concerned, with vaccination rates falling to just 30 per cent in 2014 from 40 per cent in 2005.

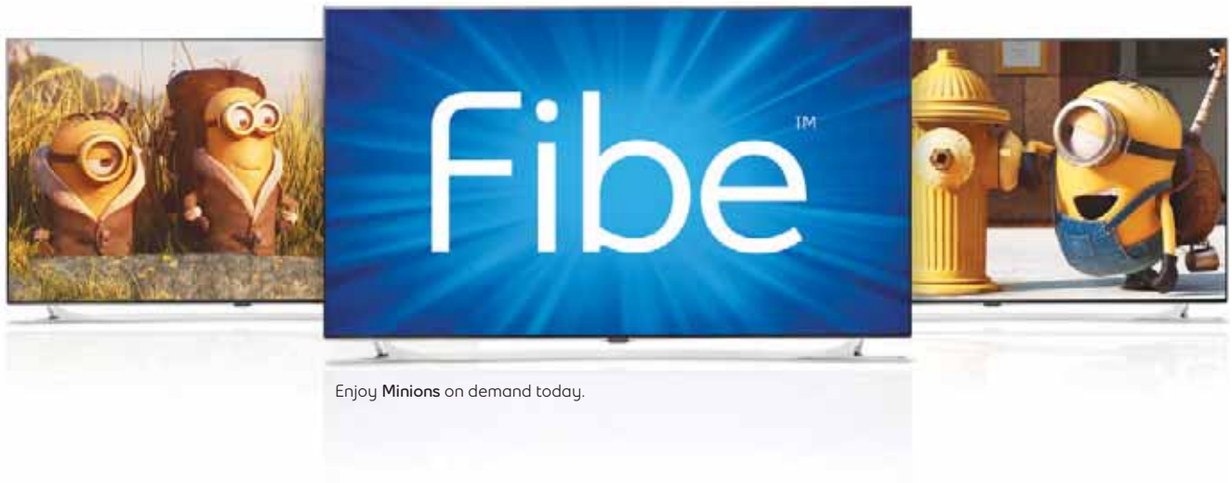
It's an unfortunate trend, said Dr. Reyhaneh Ghadaki of WellOne Medical Centre. Despite public information campaigns, "there's a lot of misconceptions" about the flu shot, Ghadaki said.

WITH FILES FROM GILBERT NGABO

New Maple Leafs logo: Turning over an old leaf

metroSPORTS

Time to upgrade to better.



Enjoy **Minions** on demand today.

Fibe TV, the best TV service, brings you a unique combination of features.

- Restart[1]
- Available 4K[2]
- Fibe TV app[3]
- Wireless TV[4]
- Access to CraveTV and Netflix[5]

Get Fibe TV, Internet and Home phone at an affordable monthly regular price of $168.85.

Sign up now and enjoy this special price in your first 12 months:*

FROM $99.85/MO.[6]

Included in your bundle:

- ✓ Our exclusive HD Whole Home PVR[7]
- ✓ Unlimited Fibe Internet 25
- ✓ Unlimited Canada and U.S. calling[8]

*Applies to full billing periods.[6] $49.95 one-time installation fee on a 2-year contract.[9]

1 866 212-9104 • Visit a Bell store • bell.ca/bettertv

Bell watching TV just got better

Get expert advice today.
Visit a Bell store near you:

AJAX
Durham Centre

AURORA
SmartCentres Aurora

BARRIE
44 Cedar Point Dr.
632 Yonge St.
Barrie Power Centre
Georgian Mall

BRAMPTON
100 Great Lakes Dr.
10086 Hurontario St.
Bramalea City Centre
Shopper's World

BURLINGTON
1100 Walker's Line
Appleby Crossing
Burlington Mall
Mapleview Mall

CAMBRIDGE
499 Hespeler Rd.
Cambridge Centre

DUNDAS
101 Osler Dr.

ETOBICOKE
Cloverdale Mall
Sherway Gardens
Woodbine Centre

GEORGETOWN
330 Guelph St.

HAMILTON
1289 Upper James St.
Eastgate Square
Jackson Square
Lime Ridge Mall

MAPLE
Rutherford Market Place

MARKHAM
7357 Woodbine Ave.
Markville Shopping Centre
Pacific Mall

MILTON
377 Main St. E.

MISSISSAUGA
980 Eglinton Ave. E.
Creekside Crossing
Dixie Value Mall
Erin Mills Town Centre
Heartland Power Centre
Sheridan Centre
SmartCentres Westgate
Square One Shopping Centre

NEWMARKET
Upper Canada Mall

NORTH YORK
Bayview Village
Centerpoint Mall
Crossroads Plaza
Fairview Mall
Lawrence Square
North York Sheridan Mall

OAKVILLE
478 Dundas St.W.
Oakville Place

OSHAWA
Oshawa Centre
Oshawa Sobeys Plaza

PICKERING
Pickering Town Centre

RICHMOND HILL
Hillcrest Mall

SCARBOROUGH
259 Morningside Ave.
Eglinton Square
Malvern Town Centre
Scarborough Town Centre

THORNHILL
Promenade Mall

TORONTO
120 Adelaide St. W.
2256 Bloor St. W.
2171 Queen St. E.
2323 Yonge St.
Chinatown Centre
College Park
Dufferin Mall
East York Town Centre
Gerrard Square
Holt Renfrew Centre
Royal Bank Plaza
Scotia Plaza
Shops at Don Mills
The Stockyards Shopping Centre
Toronto Eaton Centre
Yorkdale Shopping Centre – Kiosk

VAUGHAN
Vaughan Mills

WHITBY
SmartCentres Whitby
Whitby Mall

WOODBRIDGE
4080 Highway 7

Also available at:

THE SOURCE I WANT THAT

Current as of January 31, 2016. Offer ends February 20, 2016. Available to new residential customers in Ontario where access and technology permit. The Bundle Program may be changed/terminated at any time. Bell is not obligated to provide the Bundle Discount for the duration of term; see bell.ca/bundledetails. Subject to change without notice; not combinable with other offers. Taxes extra and restrictions apply. For certain offers, customer must select e-bill and create MyBell profile. Early termination charges may apply. Internet Modem rental required; one-time modem rental fee waived for new customers. Up to 25 Mbps download speeds. Upload access speeds will vary depending on the distance between the customer's modem and switching equipment from Bell: min. 0.9 Mbps and max. 10 Mbps. Speeds on the Internet may vary with your configuration, Internet traffic, server or other factors; see bell.ca/internet. Unlimited Internet usage option: Available to Internet customers with continued subscription to an eligible TV and Internet bundle; see bell.ca/bundledetails. Subject to your compliance with the terms and conditions of your Internet service agreement found at bell.ca/agreements. Home phone available where not CRTC-regulated. Service area charge ($4/mo.) may apply; see bell.ca/serviceareacharge. **(1)** Available with select channels/content, excluding US networks and non-local content, and subject to viewing limitations. **(2)** Requires 4K Whole Home PVR, 4K content and a 4K TV. **(3)** With select compatible Apple and Android devices. Requires Mobile network or Wi-Fi connection. Select live channels and on demand programming can only be viewed if included in your Fibe TV subscription and may vary if viewed over Wi-Fi at home (more content) vs. outside your home. Content viewed over Wi-Fi at home will count towards your monthly Internet data usage. Mobile data charges may apply. TV control features are only available within your home. Channels/content subject to change without notice and blackout periods may apply. Other conditions apply. To download the Fibe TV app and for more details, see bell.ca/fibetvapp. **(4)** Only the PVR needs to be wired to the service. A wireless receiver ($7/mo. rental plan or $199 purchase) needs to be connected to each additional TV (up to 5) and to a power outlet. Customer responsible for use of wireless receiver: Do not expose to heat sources, rain or damp and temperature extremes. Range of wireless signal may vary due to electromagnetic interference, home construction material, obstructions and other environmental factors. **(5)** A separate subscription to Netflix and CraveTV services is required to view content. Viewing content on Netflix will count towards your monthly Internet data usage. **(6)** Available to new customers who continuously subscribe to Fibe TV, Internet and Home phone. $99.85 promotional monthly rate is based on a promotional credit against regular monthly pricing and on the continued subscription to: Fibe TV Good package : regular monthly rate $47.95, plus $3 Digital Service Fee, less $26/mo. programming credit for 12 full billing periods, less $7/mo. bundle discount; Fibe Internet 25: regular monthly rate $69.95, less $43/mo. credit for 12 full billing periods, plus $10/mo. for unlimited Internet usage; and Home phone Choice: regular monthly rate $53.95, less $9/mo. discount, plus $10/mo. for Unlimited Canada and US, less $10/mo. discount. Promotional price will apply to your first full 30-day billing period and for each full billing period after that, for the duration of your promotion. A billing period may not start on the day of the subscription to our services. Regular price will apply for services delivered prior to the first full 30-day billing period. All prices are subject to change or if Bell terminates your services during a 30-day billing period. **(7)** $0 rental based on $15 monthly rental fee, less a $15 monthly credit. Available to new Bell TV subscribers with continued subscription to three eligible Bell services; see bell.ca/bundle. The receiver remains Bell's property. You may terminate your rental at any time provided you return the receiver (early termination fees on programming may apply). Receivers may be new or refurbished at Bell's choice. **(8)** Available to customers who continuously subscribe to three select services. Applies to direct-dialed outbound calls to Canada and the U.S. (including Alaska and Hawaii, but excluding other U.S. territories), excluding toll-free calls. Calls to certain conference or adult services or to high-cost areas may be restricted, and subject to other use restrictions in Terms of Service; visit bell.ca/legal. **(9)** Fibe TV: Installation charges are $199.95 without a term. Includes installation of modem, Whole Home HD PVR and up to 2 additional HD receivers; see bell.ca/fibetvinstall for details. $50 installation fee for each additional receiver. Internet: conditions apply; see bell.ca/fullinstall. Home phone: installation includes one jack at the service entry point where none present; installation fee is $75 for the 1st additional jack, $50 for every subsequent jack. The Minions © 2015 Universal Studios. All Rights Reserved. Fibe is a trademark of Bell Canada.

metro NEWS
Your essential daily news

Wiarton Willie and Shubenacadie Sam disagree on whether we can expect an early spring.

WEATHER

Record-shattering warmth in forecast

Torontonians could expect an exceptional Wednesday as they look forward to record-breaking warm temperatures for the beginning of February.

Forecasting a high of 14 C, meteorologist Desjanelle Matthews of Environment Canada expected the forecast to shatter a 25-year-old record for warmest Feb. 3.

"The previous record was on Feb. 3, 1991, at 9.3 C," Matthews says. "With the low pressure system heading north, Toronto will be experiencing the warming southern winds."

Tuesday's rainfall was expected to taper off. On Feb. 2 last year, commuters woke up to a morning temperature of -16 C, which settled into a high of 5.6 throughout the day.

This is a stark contrast to the record Toronto broke last year, with the coldest February recorded in the city's history. The average temperature for February 2015 was -12.6 C, which broke the 1979 record for that month.

With Toronto coasting on the warm side this February, Matthews said the city can anticipate a "quiet weather" week with no storm warnings or watches — "We may not even reach 0 C until early Thursday."

TORSTAR NEWS SERVICE

14 C

The high expected on Wednesday, which would break a 25-year-old record for warmest Feb. 3.

Syrian refugee children living in Toronto hotels are mostly smiles and balls of energy. **But, many are refusing to eat the North American food that's offered for free, their parents say.** PHOTOS LIZ BEDDALL/METRO

CRIME

New sexual assault charges for tutor

A Toronto man is facing new sexual assault charges for incidents dating back to 2012 and 2014.

Ryan McCombe, 41, was re-arrested on Feb. 1 and served six new charges, including two counts of sexual assault, sexual exploitation, and making child pornography.

These charges are related to incidents involving a then-16-year-old girl, which police allege happened between September 2012 and October 2014. They say the assaults took place at a private residence near Yonge Street and Lawrence Avenue.

Last month, McCombe was charged with sexually assaulting a then-13-year-old girl in 2008. On Jan. 7, he was charged with one count of sexual assault and one count of sexual interference — a charge that is applied in cases involving victims under the age of 16.

Police say McCombe was tutoring the 13-year-old victim in math at the time when the alleged incident occurred at the same location, between June and Sept. 2008.

McCombe is scheduled to appear in court on Feb. 25.

On Jan. 8, the Waldorf Academy, near Bathurst Street and Davenport Road, removed a staff biography for a man named Ryan McCombe from their website. The private school also removed a video of man of that name at a 2014 school barbecue from its Facebook page.

TORSTAR NEWS SERVICE

IN BRIEF

Support worker accused of sex assault against patient

A personal support worker is facing a sexual assault charge involving an elderly patient. Shojaadin Mohammad-Zadeh, who also goes by Soja Zadeh, was charged for an incident that allegedly occurred between August and October 2015.

TORSTAR NEWS SERVICE

Woman faces 10 charges in crash that killed passenger

A Toronto woman is facing 10 charges after a fatal collision. Police allege that 53-year-old Thi Ngo was trying to negotiate a turn in a local road Sunday morning when she lost control and drove into a tree. A 46-year-old male passenger died in hospital. THE CANADIAN PRESS

Refugee kids find new food hard to stomach

SYRIA TO TORONTO

N. American cuisine a culture shock for new arrivals

Gilbert Ngabo and Jessica Smith Cross
Metro | Toronto

Ahmed Al Kafri opens up a drawer in his hotel room to reveal food he's bought for his family. Then, he holds up a stack of receipts to show how much it's cost him.

As a newly arrived refugee from Syria, every penny is precious — but it's either buy packages of pita and olives or watch his kids go hungry.

Al Kafri and his family are among the hundreds of government-sponsored refugees staying at the Toronto Plaza Hotel as they search for more permanent housing. The upside is their food is provided by the hotel and paid for by the government. The downside is his kids are having trouble digesting it, or refusing to eat it at all.

It's among the top complaint coming from thousands of refugees stuck in hotels. Now, they have an ally.

The Syrian Canadian Foundation — made up of Syrians who have been in the country for many years — is working with hotels in a bid to bring in new chefs to help adapt menus to refugees' needs.

In some cases, the means moving away from things like hamburgers and chicken wings and towards foods that are more commonly served in Syria — saucy vegetables, green beans and stew.

Bayan Khatib, a member of the Syrian foundation, remembers the culinary culture shock she experienced all too well. She came to Toronto from Syria more than 20 years ago and remembers hating pretty much everything she ate at first.

"Everything tasted weird, and I didn't like it at all," Khatib said. "I distinctly remember thinking ketchup was a horrid invention."

Ahmed Al Kafri

Eventually, the troubles will ease, she said.

"Of course you get used to it," she said. "I still love Syrian food but I love pizza, too, now."

FINANCE MINISTER

Budget not already written, Sousa insists

Ontario's finance minister has rejected Opposition claims that he has already written the 2016 budget and that his public consultations on the fiscal plan are a sham and a farce.

Charles Sousa made a surprise public appearance Tuesday before the legislature's finance committee, which has been travelling the province holding pre-budget hearings, after at first insisting on a closed-door meeting with committee members.

The Progressive Conservatives and New Democrats both used their allotted time to lash out at Sousa over reports he plans to introduce the budget in early March, which they said means the government has already decided what will be in it and has no intention of listening to what the public wants.

But Sousa told the committee he was there to hear the feedback they had gathered from the public, and accused the Tories and NDP of playing partisan politics. "I haven't completed the budget. I mean we're in the process of proceeding to prepare it certainly," he said.

THE CANADIAN PRESS

Help solve killings, police urge public

LAW ENFORCEMENT

Deceased men in Sunday's gun episode identified

David Eminess, left, and Quinn Taylor CONTRIBUTED

In the midst of a "troubling" string of fatal shootings in January, the head of Toronto police homicide stressed the role the public plays in reducing violence in the streets, saying the bottom line is that police cannot solve crime alone.

"We rely on the public to be our eyes and our ears for what's going on, and times have changed. The level of co-operation had reduced and we need to pick it up," Staff Insp. Greg McLane said in an interview Tuesday.

A lack of trust in police, fear of retaliation, or a reluctance to become involved in the judicial process are some of the reasons why people are just not talking, McLane said. But it's "crucial" that they do — particularly as crime spikes.

There were 10 homicides in January, eight of them shootings, McLane said at a news conference Tuesday at which he appealed for more information about Sunday's gunfire that killed two people — identified as David Eminess, 26, and Quinn Taylor, 29 — and injured three more. The month's tally is more than twice the number of homicides typically seen in January, an average of 4.75 over the past 12 years.

McLane told reporters there is no information currently to suggest Eminess and Taylor had any affiliation with a street gang.

Of the 10 homicides so far this year, three have the potential to be ruled as gang-related, McLane said, though he added it is difficult for investigators to know what transpired without witnesses coming forward.

Police believe the shooting victims were targeted, but that it's possible the gunfire erupted due to some impromptu altercation with the shooter. One of the three people injured in the shooting knew Eminess and Taylor, while the two others are believed to be bystanders.

Investigators have been canvassing the area but are urging anyone with information to come forward to police or anonymously to Crime Stoppers.

"There's people out there that know what happened to these young men, why, and I'll even go so far as to say who did it," McLane said. "We want to hear from these people."

TORSTAR NEWS SERVICE

ANTI-UBER

Toronto cabbies join Ottawa protest

Gilbert Ngabo
Metro | Toronto

Toronto taxi operators drove their frustration to Ottawa on Tuesday, joining hundreds in yet another anti-Uber rally.

"It's all about the same concerns," said Paul Sekhon, general manager of Toronto's Diamond Taxi.

He was among those who made the trip to voice their concerns on the front steps of Parliament Hill, despite taxi regulation being a municipal and provincial issue.

"We want the federal government to help solve this problem and take our concern to a higher level," Sekhon said. "This trip also is a show of support to our brothers here in Ottawa."

Toronto city council is meeting Wednesday to discuss a possible injunction against Uber. Last month, the city granted the ride-sharing service a taxi brokerage licence. If council votes against the injunction, drivers are threatening to disrupt the upcoming NBA All-Star weekend by staging a major demonstration on Feb. 12.

"No questions — Uber is illegal, and Toronto must ban it," Sekhon said.

INSURANCE APPROVED IN ONTARIO

Ontario's insurance regulator has approved coverage for drivers using ride-hailing services such as Uber, even as the province's legislature has yet to decide if such services are legal.

The Insurance Bureau of Canada says the new insurance offering is the first coverage of its kind in the country.

The Financial Services Commission of Ontario said Aviva Canada could offer coverage for drivers carrying paying passengers in their own vehicles.

THE CANADIAN PRESS

Switch your mortgage to Scotiabank and get 24 FREE movies.*

Ask us about the mortgage that's right for you.

www.scotiabank.com/switch

You're richer than you think.® Scotiabank®

®Registered trademarks of The Bank of Nova Scotia. * This offer is available for up to one Scotiabank Mortgage per property address. To be eligible for the 24 general admission movie passes or 24,000 SCENE points offer, you must apply for a mortgage with Scotiabank between October 1, 2015 and February 29, 2016, and fully advance your mortgage with Scotiabank within 120 calendar days of the mortgage application date. Offer only available on transfers of existing mortgages from another lender or financial institution to The Bank of Nova Scotia. A minimum mortgage amount of $100,000 is required. This offer is valid for closed mortgages with a three year term or greater. Movie passes/points will be provided within 90 days after the Scotiabank mortgage has fully advanced. This offer cannot be combined with any other mortgage promotions or offers. This offer may be changed or withdrawn at any time without notice and may not be combined with any other discounts, offers or promotions. SCENE members can redeem 1,000 points for a free General Admission movie ticket. Or 1 movie pass is worth a free general admission movie. Some conditions and limitations apply. If you qualify for this offer you will receive 24,000 SCENE points or 24 movie passes. SCENE points will be deposited into your eligible SCENE membership account. For joint mortgages, the points will be deposited to the membership account of the borrower who is a SCENE member. Where more than one borrower is a SCENE member, the points will be deposited to the membership account owned by the primary borrower on the mortgage. If the borrowers eligible for the offer are not SCENE members, movie passes will be mailed to your mailing address.

THE UNDISPUTED CHAMPION OF TRUCKS.

F-SERIES[Y] BEST-SELLING IN CANADA FOR 50 YRS

ONLY AT FORD.

LEASE THE 2016
F-150 XLT SUPERCREW 4X4 5.0L

$199	0.99%	36	$2,495
EVERY 2 WEEKS	APR*	MONTHS	DOWN

OFFER INCLUDES $1,800 IN FREIGHT AND AIR TAX

- MILITARY GRADE ALUMINUM ALLOY BODY AND BED[†]
- BEST-IN-CLASS MAXIMUM PAYLOAD[Ξ]

★★★★★ **5-STAR**[^] OVERALL VEHICLE SCORE FOR SAFETY

AND GET $750 BONUS CASH** TOWARDS ALL NEW F-SERIES

BUILT Ford TOUGH

Our advertised prices include Freight, Air Tax, and PPSA (if financed or leased). Add dealer administration and registration fees of up to $799, fuel fill charge of up to $120 and applicable taxes, then drive away.

FOR **UNDISPUTED VALUE**, VISIT **FINDYOURFORD.CA** OR DROP BY YOUR TORONTO FORD STORE TODAY.

Oh hey, you're looking for the legal, right? Take a look, here it is: Vehicle(s) may be shown with optional equipment. Dealer may sell or lease for less. Limited time offers. Offers only valid at participating dealers. Retail offers may be cancelled or changed at any time without notice. See your Ford Dealer for complete details or call the Ford Customer Relationship Centre at 1-800-565-3673. For factory orders, a customer may either take advantage of eligible raincheckable Ford retail customer promotional incentives/offers available at the time of vehicle factory order or time of vehicle delivery, but not both or combinations thereof. Retail offers not combinable with any CPA/GPC or Daily Rental incentives, the Commercial Upfit Program or the Commercial Fleet Incentive Program (CFIP). *Until March 31, 2016, lease a new 2016 F-150 Crew 4x4 XLT V8 300A for up to 36 months and get 0.99% APR on approved credit (OAC) from Ford Credit Canada Limited. Not all buyers will qualify for the lowest APR payment. Lease 2016 F-150 Crew 4x4 XLT V8 with a value of $37,490 (after $2,495 down payment or equivalent trade in and Manufacturer Rebates of $3,750 deducted and including freight and air tax charges of $1,800) at 0.99% APR for up to 36 months with an optional buyout of $22,160, monthly payment is $430 (the sum of twelve (12) monthly payments divided by 26 periods gives payee a bi-weekly payment of $199), total lease obligation is $17,975, interest cost of leasing is $870 or 0.99% APR. Taxes payable on full amount of purchase price after Manufacturer Rebates have been deducted. Offers include freight, air tax, and PPSA but exclude administration and registration fees of up to $799, fuel fill charge of up to $120 and all applicable taxes. Additional payments required for optional features, license, and insurance. All prices are based on Manufacturer's Suggested Retail Price. Some conditions and mileage restriction of 48,000km for 36 months applies. Excess kilometrage charges are 16¢per km, plus applicable taxes. Excess kilometrage charges subject to change, see your local dealer for details. **Offer valid between February 2, 2016 and February 29, 2016 (the "Offer Period") to Canadian residents. Receive $750 towards the purchase or lease of a new 2015 or 2016 F-150, F-250 to F-550 (each an "Eligible Vehicle"). Only one (1) bonus offer may be applied towards the purchase or lease of one (1) Eligible Vehicle. Taxes payable before offer amount is deducted. Offer is not raincheckable. ^Government 5-Star Safety Ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.SaferCar.gov). †Class is Full-Size Pickups under 8,500 lbs. GVWR. ΞWhen properly equipped. Max. towing of 12,200 lbs with available 3.5L EcoBoost V6 4x2 engine configurations. Max. payloads of 3,240 lbs/3,270 lbs with available 3.5L V6 EcoBoost 4x2 / 5.0L Ti-VCT V8 engine configurations. Class is Full-Size Pickups under 8,500 lbs GVWR based on Ford segmentation. [Y]-Series is the best-selling line of pickup trucks in Canada for 50 years in a row based on Canadian Vehicle Manufacturers' Association statistical sales report up to 2015 year end. ©2016 Sirius Canada Inc. "SiriusXM", the SiriusXM logo, channel names and logos are trademarks of SiriusXM Radio Inc. and are used under licence. ©2016 Ford Motor Company of Canada, Limited. All rights reserved.

SiriusXM
Available in most new Ford vehicles with 6-month pre-paid subscription.

GET THE ESCAPE MOST SHOPPERS BUY.
THE ONE WITH ALL OF THIS:

- 1.6L EcoBoost® Engine
- 178 Horsepower
- Air Conditioning
- Keyless Entry
- Roof-Rack Side Rails
- Rear View Camera
- 17" Aluminum Wheels
- SYNC® 3 Enhanced Voice Recognition[†]

LEASE THE 2016
ESCAPE SE 4WD

$145	0.99%	60	$1,495
EVERY 2 WEEKS	APR*	MONTHS	DOWN

OFFER INCLUDES $1,790 IN FREIGHT AND AIR TAX

PLUS, GET AN ADDITIONAL $750 BONUS CASH** TOWARDS THE **ESCAPE**

*IT'S **EASY** TO GET INTO A **FORD***

Shop now at **findyourford.ca** or drop by your Toronto **Ford Store.**

Ford Go Further

Our advertised prices include Freight, Air Tax, and PPSA (if financed or leased). Add dealer administration and registration fees of up to $799, fuel fill charge of up to $120 and applicable taxes, then drive away.

Oh hey, you're looking for the legal, right? Take a look, here it is: Vehicle(s) may be shown with optional equipment. Dealer may sell or lease for less. Limited time offers. Offers only valid at participating dealers. Retail offers may be cancelled or changed at any time without notice. See your Ford Dealer for complete details or call the Ford Customer Relationship Centre at 1-800-565-3673. For factory orders, a customer may either take advantage of eligible raincheckable Ford retail customer promotional incentives/offers available at the time of vehicle factory order or time of vehicle delivery, but not both or combinations thereof. Retail offers not combinable with any CPA/GPC or Daily Rental incentives, the Commercial Upfit Program or the Commercial Fleet Incentive Program (CFIP). *Until March 31, 2016, lease a new 2016 Escape SE 4WD 201A for up to 60 months and get 0.99% APR on approved credit (OAC) from Ford Credit Canada Limited. Not all buyers will qualify for the lowest APR payment. Lease 2016 Escape SE 4WD 201A with a value of $29,279 (after $1,495 down payment or equivalent trade in and Manufacturer Rebates of $500 deducted and including freight and air tax charges of $1,790) at 0.99% APR for up to 60 months with an optional buyout of $11,552, monthly payment is $313 (the sum of twelve (12) monthly payments divided by 26 periods gives payee a bi-weekly payment of $144.48), total lease obligation is $20,275, interest cost of leasing is $1,007 or 0.99% APR. Taxes payable on full amount of purchase price after Manufacturer Rebates have been deducted. Offers include freight, air tax, and PPSA but exclude administration and registration fees of up to $799, fuel fill charge of up to $120 and all applicable taxes. Additional payments required for optional features, license, and insurance. All prices are based on Manufacturer's Suggested Retail Price. **Offer valid between February 2, 2016 and February 29, 2016 (the "Offer Period") to Canadian residents. Receive $500 towards the purchase or lease of a new 2015 or 2016 Ford Fusion, or $750 towards the purchase or lease of a new 2015 or 2016 Ford Mustang (excluding 50th Anniversary Edition and Shelby), Taurus, Edge, Flex, Explorer, Escape, Expedition, Transit Connect, E-Series Cutaway, Transit, F-150, F-250 to F-550 (each an "Eligible Vehicle"). Only one (1) bonus offer may be applied towards the purchase or lease of one (1) Eligible Vehicle. Taxes payable before offer amount is deducted. Offer is not raincheckable. †Driving while distracted can result in loss of vehicle control. Only use SYNC System/other devices, even with voice commands, when it is safe to do so. Some features may be locked out while the vehicle is in gear. Not all features are compatible with all phones. Message and data rates may apply. Optional Navigation system map updates cannot be received via wi-fi and require a separate update.Driver-assist features are supplemental and do not replace the driver's attention, judgment and need to control the vehicle. ©2016 Sirius Canada Inc. "SiriusXM", the SiriusXM logo, channel names and logos are trademarks of SiriusXM Radio Inc. and are used under licence.©2016 Ford Motor Company of Canada, Limited. All rights reserved.

SiriusXM
Available in most new Ford vehicles with 6-month pre-paid subscription.

Boy, this pop-up bar is making fans thirsty

POPULAR CULTURE

Entrepreneur to recreate iconic Seinfeld café in summer

Jessica Smith Cross
Metro | Toronto

Dust off your urban sombrero — a Seinfeld pop-up bar is coming to town.

For many Torontonians, it felt like Festivus in February when a Facebook event cropped up Tuesday, promising to recreate Seinfeld's Monk's Café in July and running all summer long.

People who've always wanted to be master of their own domain — or queen of their own castle — will get a chance to hang out where it all began.

The organizer is Mackenzie Keast, an entrepreneur known most recently for The Breakup Shop, a company that breaks up with your significant other for a fee.

It was conversations with friends that sparked Keast's interest in a Seinfeld pop-up bar.

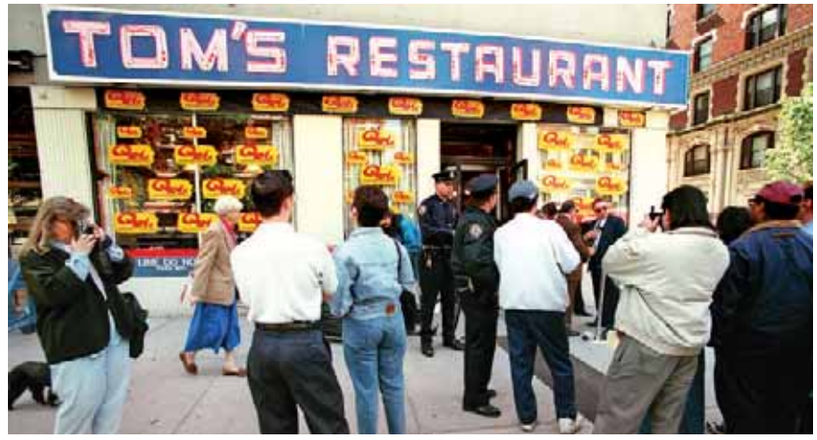
"Those are four key words in Toronto that will make people go crazy," he said.

Less than 24 hours after posting a Facebook event page for the bar's opening night party, 5,300 people had clicked to say they're going and another 13,000 said they were interested.

There's a lot to be done in the meantime. Keast has narrowed down the location to two potential spots, which he's not disclosing. Soon, he'll transforming one into Monk's Café and then begin the work of opening a functioning restaurant.

The diner will have recognizable red booths and iconic food from the show. Keast is hoping people will don Seinfeld costumes on opening night.

"You'll be able to feel like you're in an episode of Seinfeld every time you walk in the door," he said.



Above: Mackenzie Keast. LIZ BEDDALL/METRO

Left: Tom's Restaurant in New York became famous after serving as the exterior location for shots filmed inside what was known as Monk's Café on Seinfeld. GETTY

GUM THEFT

Police seek help in sticky gum case

Investigators say they believe they've identified a man wanted in connection with the theft of more than $1,500 in chewing gum.

York Regional Police say a man took the gum from a pharmacy in Markham, Ont., north of Toronto, in December.

Investigators say the man went to the drug store on the evening of Dec. 17 and video surveillance shows he went to the candy aisle, filled a garbage bag with gum and left.

A few moments later he re-entered the store, filled another garbage bag with chewing gum and walked out again.

Police say they believe he loaded both garbage bags — containing chewing gum worth $1,528 — into a waiting taxi.

Investigators say they've identified the suspect as 46-year-old Lester Hosein and are appealing to the public for any tips on his whereabouts. THE CANADIAN PRESS

We are looking for FEMALES for an upcoming study

If you are a female, 18-45 years of age, non - smoking and free of daily medications, you may be eligible.

Lambda Therapeutic Research Inc.
Participants are compensated for their time.
Compensation is up to $2,000
for completing the entire study
(disbursed throughout the study)

REFER A FRIEND AND YOU MAY RECEIVE $100

LAMBDA
Lambda Therapeutic Research

Study #799-15
One return visit per session

	Check-in	Exit
Period 1	February 19, 2016	February 22, 2016
Period 2	March 4, 2016	March 7, 2016

FOR MORE INFORMATION
416-752-3333 Toll Free: 1-866-207-3333
Mon-Fri: 9am-5pm Sat: 10am-3pm
www.lambdacanada-cro.com www.todaysresearch.com
Location: 460 Comstock Road, Toronto, M1L 4S4

SUBWAY SYSTEM

Raccoon's rush-hour ride

Even raccoons need a break from running through the six.

One furry critter elected for public transit Tuesday morning, hopping on the Yonge-University subway line just in time for rush hour.

The unexpected passenger caused a four-minute service delay before it disembarked at Spadina station.

Heather Leach was on her way to work at 8 a.m. when she heard an announcement that the subway she was on was going out of service. "The train had been stopped for a few minutes with all the doors open and everyone was kind of wondering what was going on," she said.

It wasn't long before people noticed the raccoon. "They all leapt out of their seats," Leach said. "Once everyone was out on the platform, they were more amused about it."

She heard another passenger call out that someone should record the raccoon, so Leach took out her phone and filmed the furry creature exploring the subway platform.

At one point in the video, the raccoon approaches another passenger's feet.

"I think it was trying to chew on their jeans. They seemed a little taken aback by it, but the whole time the raccoon seemed docile so they weren't too shocked about it," she said.

"We don't know how or where the raccoon got onto the system," said TTC spokesman Danny Nicholson.

He said the raccoon was last seen walking in the subway tunnel between Spadina and St. George stations. TORSTAR NEWS SERVICE

Masked critter hopped on TTC Tuesday. SANJMOVIES/TWITTER

"Once everyone was out on the platform, they were more amused."
Heather Leach, witness

EXCLUSIVELY OURS

CLINIQUE Bonus

FREE: Receive a 7-piece bonus gift with any CLINIQUE purchase of $31 or more.*
AN $85 VALUE. February 3 to February 21, 2016.

BONUS INCLUDES:

- Rinse-off Foaming Cleanser, 30 mL
- Dramatically Different Moisturizing Lotion+, 30 mL
- Smart Night Moisturizer, 15 mL
- All About Shadow Trio
- Mini High Impact Mascara in black
- Mini CLINIQUE Pop Lip Colour + Primer in your choice of Melon Pop or Love Pop

MAY WE SUGGEST:

3-Step Skin Care System
Experience the #1 moisturizer, lotion and cleanser in Canada.‡
Starting from $17

HUDSON'S BAY CREDIT BONUS

Wednesday, February 3 to Sunday, February 7, 2016
Receive a $20 Savings Card with any CLINIQUE purchase of $75 or more when you use your Hudson's Bay MasterCard® or Hudson's Bay Credit Card.** *Exclusively ours*

HUDSON'S BAY

SHOP THEBAY.COM

Savings for all offers are off our regular prices, unless otherwise specified. Values are based on our per mL and/or g price for regular-sized products. ***Before taxes.** Quantities limited. One gift to a customer. Values are based on our per mL and/or g price for regular-sized products. ****Before taxes.** While quantities last. Redeemable on your next purchase of $100 or more before taxes when you use your Hudson's Bay MasterCard or Hudson's Bay Credit Card between February 3 and February 21, 2016. Not redeemable on cosmetics or fragrance purchases. One card per transaction. Not to be combined with any other offer. Other exclusions apply. See store for details. Hudson's Bay, Hudson's Bay Credit, hbc.com and their associated designs are trademarks of Hudson's Bay Company. **Credit is extended by Capital One Bank (Canada Branch).** Capital One® is a registered trademark of Capital One Financial Corporation, used under licence. MasterCard and the MasterCard brand mark are registered trademarks of MasterCard International Incorporated. All rights reserved. ‡NPD report Jan-Dec 2014.

Kung Pao, then and now

Ahead of Chinese New Year, University of Toronto Scarborough showed off its new $40,000 purchase of the world's largest Chinese restaurant menu collection. Torstar News Service spoke with university curators, chief librarian Victoria Owen and archivist Amanda Tomé, who highlighted some unique exhibits.

Old menu, 1896, China

The oldest bill of fare in the collection is believed to have been used at a luncheon honouring Chinese politician Li Hongzhang. Researchers say the rare menu illustrates the careful and custom use of calligraphy characteristic of early iterations of Chinese menus.

Chinese Village, 1950s, Portland, Ore.

Menus belonging to the Chinese eateries of the '50s are known for colourful art printed on thick card stock. Restaurants tried various ways of appealing to North Americans. This U.S. restaurant set Chinese characters against the backdrop of an Oregon mountain range and Western-style homes.

Panda East, early 2000s, Amherst, Mass.

Believe it or not, there was a time when menus were printed only in black and white. The menu upgrade of the early 2000s took advantage of spot colour to really make the noodle illustrations stand out. And for patrons increasingly wary of sugar, salt and starch, some restaurants began to offer "health food" selections.

New Asia Café, 1950s, Seattle, Wash.

There is probably a wide selection on this menu. But unless you can read traditional Cantonese, good luck with your order. It wasn't until the 1980s that menu design and language began to fully embrace American taste buds.

Gourmet House of Hong Kong, 1980s, Phoenix, Ariz.

The late 20th century was when Chinese restaurant menus went mainstream. A tri-fold layout allowed restaurants to cram more bilingual items onto a single piece of paper.

Pet Wok, 1980s, U.S.

Roughly a quarter of the new collection involves artifacts other than menus, including decorative trinkets and toys. This mini "pet wok" is a toy cooking tool that is basically the Chinese equivalent of an Easy-Bake Oven.

"Very handy. One-stop insurance shopping. I like your service because I don't have to waste time searching other websites and call different insurance companies. Time is money."

Nora - Toronto, Ontario

Compare 30+ providers in minutes and save today.

InsuranceHotline.com

Club to counter 'pickup artist'

DEMONSTRATION

Three mayors take to Twitter to condemn Roosh V

Jessica Smith Cross
Metro | Toronto

Toronto Newsgirls boxing club is mounting a counter demonstration online and at Roosh V's Toronto event. His event is being held at a private location due to online attention. LIZ BEDDALL/METRO

Roosh V doles out "advice" to men on the best methods for convincing women to have sex. He has also advocated for legalizing rape inside a private home. YOUTUBE SCREENSHOT

How do you deal with a man who advocates for rape and misogynistic behaviour? With solidarity — and boxing gloves, according to a group of Toronto women.

Roosh V, a U.S. "pickup artist" who's attracted outrage for blog posts that promote a form of "neomasculinity" in which men prey on women, is planning a meet-up for his followers Saturday in Toronto.

The Toronto Newsgirls boxing club, meanwhile, is promising to throw a big counterpunch his way — finding the meeting spot and showing up in full force (yes, gloves and all).

Roosh, whose real name is Daryush Valizadeh, has promised to have followers take video of feminists who crash the gathering so he can "tear them up" afterwards.

Don't expect that to make Newsgirls coach and founder Savoy Howe back down.

"Pictures will show up online of women wearing boxing gloves, and blah, blah, blah," Howe said. "The photos of us will show women that being powerful is an option.

"And I think that's what needs to happen against this d*****bag."

Roosh's meeting in Toronto is one of dozens planned Saturday in cities around the world. Originally, the idea was for his followers to "cruise" for women in Queen's Park.

The plan changed to a private location Wednesday after it started generating attention online. Mayors of three Canadian cities took to Twitter to condemn Roosh.

Ottawa Mayor Jim Watson started by tweeting, "@ReturnofKings Your pro-rape, misogynistic, homophobic garbage is not welcome in Ottawa #its2016 #TurnAwayReturnOfKings."

"What he said. Goes double for Calgary. Thanks for your leadership on this, Jim," tweeted Mayor Naheed Nenshi.

Then, Toronto Mayor John Tory jumped on board, declaring Toronto, "No place for intolerance, hatred & misogyny."

> "Pictures will show up online of women wearing boxing gloves. ... will show women that being powerful is an option."
>
> Savoy Howe

*Conditions apply. Ex: Toronto. All advertised prices include taxes & fees. Package & hotel prices are per person, based on double occupancy for total length of stay unless otherwise stated. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees due in destination are additional and include, but not limited to, local car rental charges & taxes, one-way rental drop fees which are to be paid upon arrival, resort fees & charges, tour 'kitty', airline baggage fees and cruise gratuities. wsv=westjet vacations. *Conditions apply. For full terms & conditions please speak with a Flight Centre Travel Consultant or visit flightcentre.ca/westjet. †We will beat any written quoted airfare by $1. Additional important conditions apply. For full terms and conditions visit flightcentre.ca/lowestairfareguarantee. Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations. ONT. REG #4671384*

tico.ca

Boost sexual violence training: Report

UNIVERSITY OF TORONTO

Committee looked at ways to curb issues

The University of Toronto should have a policy on sexual violence "with a clear affirmation" that it won't be tolerated and should also set up a centre where victims can go to report incidents and receive support, says a committee report on the issue.

More than a year after a committee began looking at how the university responds to and handles sexual harassment and assault, on Tuesday it issued a series of recommendations for faculty and staff, in part based on ongoing consultations.

Vice-provost of students Sandy Welsh, who co-chaired the committee, said students found it "difficult to navigate our services and we need to do a better job" letting them know where to go for help.

The university offers counselling services through a health and wellness centre, and trains residence leaders in how to support victims. Campus police and safety officers also provide "a range of supports for students."

The university does not have a "stand-alone sexual violence policy," and that's why the committee wants one "in short order." Such a policy could merge the student code of conduct with the university's sexual harassment policy and one aligned with upcoming provincial policies, or it could replace existing policy, she added.

In 2014, a Torstar News Service investigation found that nine of 78 universities in Canada had a separate policy covering sexual violence, and that many victims felt abandoned by their college or university. TORSTAR NEWS SERVICE

RECOMMENDATIONS INCLUDE:

- Establish a sexual violence centre with a tri-campus presence to assist in triage, reporting and providing support for victims of sexual violence;
- Ensure policies and procedures provide mechanisms appropriate for resolving the full range of complaints of sexual harassment and assault;
- Establish university-wide education and training programs, including prevention programs, professional development and education for faculty and staff, and communication and awareness strategies

Supercharge your savings.
Accelerate your savings with 1.75%* interest on new deposits into select accounts for a limited time.
1.75%
Talk to an advisor today.
cibc.com/savings • at a branch • 1 888 490-2422
#FitsYourLife
Banking that fits your life.
CIBC
*Combined bonus and regular annual interest rate paid on net new deposits made to a CIBC eAdvantage® Savings Account ("eSA"), CIBC TFSA Tax Advantage Savings Account® and/or CIBC RRSP Daily Interest Savings Account. Bonus and/or regular rates may change at any time without notice. All interest rates are calculated daily and paid monthly; however, on the eSA, regular interest is earned only on days when the account's closing balance is $5,000 or more. Bonus interest on the eSA is earned until Feb 29/16 and only on days when net new deposits exceed the closing balance as of Oct 30/15. Bonus interest on the other accounts is earned until Mar 31/16 and only on days when net new deposits exceed the closing balance as of Nov 1/15. Other conditions apply. ®Registered trademark of CIBC. CIBC Cube Design & "Banking that fits your life." are trademarks of CIBC.

Seth Clarke and Annika Ollner researched safe injection programs in prisons. ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

PRISONS

Research backs safe injection options

After years pushing for safe drug-injection programs in jails, health advocates say mounting evidence and a new government present a chance to finally make it happen.

In a report published Wednesday, researchers in Toronto provide a framework for the introduction of what they call "prison-based needle and syringe programs" in Canada — programs that the authors argue are sorely needed in jails to address levels of HIV and hepatitis C infections that are "astronomically" high compared with those in the general population.

"There's lots of research to demonstrate how effective they are, and this (new report) is meant to show that they can be effective in Canada as well," said Sandra Ka Hon Chu, director of research and advocacy for the HIV/AIDS Legal Network.

"We involved a broad range of stakeholders, including former prisoners and people who work in prison health care, to demonstrate how it might actually work."

Researchers held a conference with experts, interviewed health workers, inmates and prison workers, and pored over existing studies to draft a series of recommendations for a future safe injection regime in Canadian jails. These include ensuring prisoners can easily access sterile needles and syringes in a way that's confidential and devoid of disciplinary consequences.

It also argues prisoners should have access to drug education and addiction support, and that the justice system should generally move away from treating drug use as a crime and look at it as a health and social issue.

Critics have argued the program could lead to increased drug use or that prisoners could use syringes as weapons. The report counters that several studies — including reports from federal government agencies — found no evidence that prison needle programs lead to more drug use, and that there are no reported cases of needles being used as weapons from 60 existing clean-needles programs in prisons in other countries.

Seth Clarke, one of the report authors from the Prisoners with HIV/AIDS Support Action Network, said that, assuming efforts to rid jails of drugs will never be entirely successful, safe-injection programs could mitigate the spread of HIV and hepatitis C by removing incentives to share and reuse needles, while also reducing prison health care costs. TORSTAR NEWS SERVICE

> **There's lots of research to demonstrate how effective they are.**
> Sandra Ka Hon Chu

Jian Ghomeshi leaves a Toronto courthouse after the second day of his sexual assault trial on Tuesday.
FRANK GUNN/THE CANADIAN PRESS

Flirtatious emails were 'bait': Witness

GHOMESHI TRIAL

Letters sent after alleged attack emerge, stir courtroom

A woman who testified that she went to great lengths to avoid any contact with Jian Ghomeshi after he allegedly attacked her acknowledged during intense cross-examination on Tuesday that she sent him flirtatious emails long after their encounters.

In a dramatic development that set the courtroom on edge, Ghomeshi's lawyer produced two emails that appeared to contradict the woman's statements that she had been so traumatized by what happened, she'd even turn off the TV or radio when he came on.

The first email was written in January 2004, about a year after she said he had yanked her to the floor by the hair during a "sensuous" kiss in his living room and then punched her in the head.

"Good to see you again! Your show is still great," it says.

She goes on to provide a website address for him to watch a video of her "when you take a break from plowing snow naked," gives her email address and phone number and asks him to get in touch.

Defence lawyer Marie Henein, known for her no-holds-barred cross-examinations, pounced.

"You're now inviting the man who traumatized you to get in touch with you?" she asked incredulously.

"The email was bait," the witness responded. "It was bait to call me so I could get an explanation as to why he would violently punch me in the head. I had no interest in him."

Six months later, she sent a second email, also shown to the court. She writes she had been watching a show of his. Attached was a revealing bikini photo of her on the beach.

"I wanted him to call me," she explained. "I sent a photograph, again, as bait."

The emails were the climax of a relentless cross-examination that Henein began Monday as the lawyer poked holes in the woman's testimony and exposed inconsistencies in her various statements to police, the media and court.

In one example, the woman told police that Ghomeshi had "smashed" her head against a car window. She backtracked in court. She also said she had been nervous when she spoke to two detectives in November 2014.

"There was nothing wrong in that police interview that would cause you not to tell them the truth," Henein said at one point.

"I told them the truth that day through my nerves," the witness answered.

"And your truth keeps changing?"

"I don't agree with that."

At times, the witness appeared flustered as Henein grilled her, but continued to insist she had not lied — that she had only gradually come to remember things.

In a statement released after her testimony, the woman said going to court and facing Ghomeshi had been "extraordinarily difficult" but worth it.

The trial continues Thursday after the Crown said there had been witness scheduling issues.
THE CANADIAN PRESS

> **It was bait to call me so I could get an explanation as to why he would violently punch me in the head.** Testimony from the complainant

Never open, touch or remove electrical equipment. It's very dangerous.

Watch six short videos then take the quiz at:
TorontoHydro.com/Safety

TORONTO HYDRO®

®A registered trademark of Toronto Hydro Corporation used under licence.
"Toronto Hydro" means Toronto Hydro-Electric System Limited.

2-day sale

Save on flights to Maui.

Find low fares* to your favorite island, hurry only 2 days to save!

Book today at westjet.com/hawaii-sale or call your travel agent.

WESTJET

*Book by February 4, 2016 (11:59 p.m. MT). Some restrictions apply. **Ontario travel agents are covered by TICO. Mailing address: 6085 Midfield Road, Toronto, ON L5P 1A2. TICO registration number: 50018683.**

Ted Cruz THE ASSOCIATED PRESS

Justin Trudeau THE CANADIAN PRESS

Cruz's debating style 'hasn't changed': PM

FRIENDLY MATCH

Trudeau recalls senator coming to dominate in tournament

Here's a lesser-known connection between the winner of this year's first U.S. presidential contest and the home and native land of his birth: Canada's prime minister recalls debating Ted Cruz.

The Calgary-born, Texas-bred senator who stormed out of the gate Monday with a win in Iowa's Republican caucuses was once a stellar university debater, ranked No. 1 in the U.S.

Cruz's opponents included a contemporary from Montreal — a prime minister's son and prime-minister-to-be who decided to get involved with the debate club at the urging of friends at McGill University.

Justin Trudeau first publicly referred to that old encounter during a speech early last year when he was still leader of Canada's third party, and the senator had yet to announce his presidential bid. Trudeau told a group of fellow McGill alumni that he'd dabbled in debating and had once gone up against Cruz in a tournament at Yale, adding dryly: "He hasn't changed very much."

He elaborated slightly in an interview with The Canadian Press last June. By then, Cruz had announced his presidential bid but Trudeau was still in opposition.

While the details are a bit hazy, Trudeau recalls an opponent who came prepared to dominate — and, apparently, Cruz did.

"If I recall correctly it was about an obscure monetary policy element that he had done an awful lot of research on," Trudeau said in that pre-election interview.

> **It was a focus very much on winning the debate, rather than on any sort of fair chance to have a good and robust debate.**
> Prime Minister Justin Trudeau on Cruz's debate strategy

"His poor opposition had no real capacity to rebut. It was a focus very much on winning the debate, rather than on any sort of fair chance to have a good and robust debate. But that's the way university debating was played at that particular moment."

If Trudeau lost to Cruz, he wasn't alone.

Before embarking on a law career where he argued nine cases before the U.S. Supreme Court, Cruz was the star of Princeton's legendary debate team. He was not only the 1992 U.S. college debater of the year, but his team was also ranked No. 1.

A New York Times profile describes an aggressive debating style that occasionally grated on judges, but ultimately earned Cruz numerous victories still commemorated on a plaque at Princeton.

Alas, visual evidence of that Cruz-Trudeau encounter appears lost to history.

When asked, neither Trudeau, his McGill friend Gerald Butts nor the debate clubs at Yale, McGill, and Princeton have video of that clash between future political heavyweights. THE CANADIAN PRESS

REPORT

Military ill-prepared for peacekeeping bid

The Trudeau government has promised to get Canada back into the peacekeeping business, but a new report from two independent think-tanks says the military is ill-prepared for the task.

The study by the Rideau Institute and the Canadian Centre for Policy Alternatives was penned by Walter Dorn, a professor at the Canadian Forces Staff College and one of Canada's leading experts in peacekeeping.

For the last decade, he says, the army has specialized in counter-insurgency warfare because of the combat mission in Kandahar, and other skill sets — once second-nature to Canadian training — were relegated to the back burner.

Dorn says the complexities of modern peace operations require in-depth training and education, on subjects including the procedures, capabilities and limitations of the United Nations.

He says Canada is currently far behind other nations in its readiness to support the United Nations and train for modern peacekeeping.

"Special skills, separate from those learned in Afghanistan and warfare training, would need to be (re)learned, including skills in negotiation, conflict management and resolution, as well as an understanding of UN procedures and past peacekeeping missions," said the report.

"Particularly important is learning effective co-operation with the non-military components of modern peacekeeping operations, including police, civil affairs personnel and humanitarians, as well as UN agencies, non-governmental organizations (NGOs) and the local actors engaged in building a viable peace."

The focus of training at both the Canadian Forces Command College in Toronto and the army staff college in Kingston, Ont., is on "taking part in 'alliance' or NATO-style operations," Dorn concluded.

"At the higher (national security) level, the case studies and exercises on peacekeeping were dropped."

The report recommends the reinstatement and updating of the many training programs and exercises that have been cut, and introducing new instruction that reflects the increasing complexity of modern peace operations.

"Canadian soldiers have served as superb peacekeepers in the past and can do so again, with some preparation," the report says. THE CANADIAN PRESS

LEADERS' IDEAS

Both Prime Minister Justin Trudeau and Defence Minister Harjit Sajjan have said rather than sending a lot of soldiers, Canada can contribute equipment and expertise, such as commanders and headquarters contingents. But Walter Dorn says the military regime provides less than a quarter of the peacekeeping instruction it did a decade ago.
THE CANADIAN PRESS

> **Special skills ... would need to be (re)learned, including skills in negotiation, conflict management and resolution.** Statement from the report

Healthy Participants Needed For a Research Study

We are currently conducting a research study on the effects of a novel medication on levels of drug binding sites in your brain.

You will be required to take this medication and attend CAMH to undergo PET scans, an MRI and answer questionnaires at the College Street site.

Are you 19 years of age or older?
YOU MAY BE ELIGIBLE TO PARTICIPATE

If you are interested please call:
416-535-8501 ext. 31536
for more information

camh
Centre for Addiction and Mental Health

Financial Compensation provided. Must be available weekdays, with no current health problems and no psychoactive drug use during last month. ALL QUERIES ARE STRICTLY CONFIDENTIAL. REB#064/2014. CAMH provides other treatment options for mental illness or addiction. For more information about programs and services at CAMH please visit www.camh.ca or call 416-535-8501 (or 1-800-463-6273). CAMH is a Pan American Health Organization/ World Health Organization Collaborating Centre Affiliated with the University of Toronto.

PRIVACY BREACH

CRA doesn't know what info was leaked

The federal revenue agency says it doesn't know what sort of taxpayer information a rogue employee improperly shared with the Canadian Security Intelligence Service because CSIS has wiped the files from its database.

The Canada Revenue Agency said the employee who handed over the sensitive data — doing so even though CSIS lacked a judicial warrant — is no longer with the department.

The agency refused to disclose whether the person was fired or left voluntarily, citing privacy reasons.

And it's not clear if the taxpayers whose information was compromised were ever notified of the improper sharing.

The Security Intelligence Review Committee, the watchdog that keeps an eye on CSIS, revealed last week in its annual report that the spy and revenue agencies repeatedly breached the rules.

Questions were first raised by the Federal Court, prompting CSIS to ask the review committee to look into the matter.

After concerns emerged, there were assurances the sensitive revenue agency information had been purged from a CSIS database when, in fact, it was still there, the review committee's report says.

CSIS spokeswoman Tahera Mufti said the information is now "deleted from CSIS databases."

"It should be noted that none of the information received from the CRA was shared beyond CSIS," she added.

As a result, revenue agency spokesman Philippe Brideau said it is unclear what was passed to the spy agency in the first place. "The CRA is unable to determine the details of the information that was shared with CSIS as it was removed permanently and in its entirety from CSIS systems."

Brideau suggested the deletion also made it impossible to notify taxpayers.

Mufti declined to say whether CSIS had done so. She also would not reveal what sort of information the spy service got from the revenue agency. THE CANADIAN PRESS

The Pensive Blizzard
$14,000,000

Creativity is subjective. **The truth isn't.**

Truth in Advertising Matters.

ASC
Advertising Standards Canada
adstandards.com/psa

Clinton wins close caucus vote in Iowa

U.S. PRESIDENTIAL RACE

Sanders won't seek recount

Presidential hopefuls Bernie Sanders and Hillary Clinton went head-to-head Monday night in Iowa's caucus vote. Clinton only defeated Sanders by a thin margin, giving her momentum before the New Hampshire vote on Feb. 9. JOHN MINCHILLO/THE ASSOCIATED PRESS; ELISE AMENDOLA/THE ASSOCIATED PRESS

Hillary Clinton barely won the Democratic caucuses in Iowa, outpacing a surprisingly strong challenge from Bernie Sanders to claim the first victory in the 2016 race for president.

The former secretary of state, senator from New York and first lady edged past the Vermont senator in a race the Iowa Democratic Party called the closest in its caucus history.

The Iowa Democratic Party said Tuesday that it would not do any recount of the close results. Sanders spokesman Ted Devine said his campaign does not have "any plan or intention" to challenge the results, citing Sanders comments from Monday that the race appears to have ended in "a virtual tie."

Even a narrow victory for Clinton over an avowed socialist could complicate her quest for the nomination. But Clinton has deep ties throughout the party's establishment and a strong following among a more diverse electorate that will play a larger role in primary contests beyond New Hampshire, where Sanders is favoured.

Clinton, who entered the race as the heavily favoured frontrunner, was hoping to banish the possibility of dual losses in Iowa and in New Hampshire. Two straight defeats could set off alarms within the party and throw into question her ability to defeat a Republican.

THE ASSOCIATED PRESS

HEALTH

Zika virus sexually transmitted in Texas

A person in Texas has been infected with the Zika virus after having sex with an ill person who had returned from a country where the disease was present, Dallas County health officials said Tuesday.

It's the first case of the virus being transmitted in the U.S. during the current outbreak of Zika, which has been linked to birth defects in the Americas. Dallas County Health and Human Services said it received confirmation of the case from the U.S. Centers for Disease Control and Prevention.

Health officials did not release any details about the Texas patient, citing privacy issues. In a tweet, Dallas health officials said the first person infected had been to Venezuela, but did not detail when that person or the second person was diagnosed.

The Zika virus is usually spread through mosquito bites, but investigators have been exploring the possibility the virus also can be spread through sex.

There was report of a Colorado researcher who caught the virus overseas and apparently spread it to his wife back home in 2008, and it was found in one man's semen in Tahiti.

"That gives you the plausibility of spread, but the science is clear to date that Zika virus is primarily transmitted to people through the bite of an infected mosquito," Dr. Anne Schuchat of the CDC said during a recent news conference about Zika.

In the epidemic in Latin America and the Caribbean, the main villain identified so far is called Aedes aegypti — a species of mosquito that spreads other tropical diseases.

THE ASSOCIATED PRESS

VACCINE

Drugmaker Sanofi Pasteur said Tuesday it is launching an effort to research and develop a vaccine to prevent the Zika virus, after the World Health Organization declared a global emergency over its explosive spread across the Americas.

UNITED STATES

Ex-DA testifies in Cosby case

The former district attorney who declined a decade ago to bring sex-crime charges against Bill Cosby testified Tuesday that his decision binds his successors and forever closes the door on prosecuting the comedian.

Former Montgomery County District Attorney Bruce Castor took the stand as part of a bid by Cosby's lawyers to get the case against the TV star thrown out because of what they say is a non-prosecution agreement from Castor.

The current district attorney has said there is no record of any such agreement.

Cosby, 78, was arrested and charged in December with drugging and violating former Temple University athletic department employee Andrea Constand at his suburban Philadelphia mansion in 2004. He could get up to 10 years in prison if convicted. THE ASSOCIATED PRESS

UNITED NATIONS

North Korea planning launch of new observation satellite

Weeks after its fourth nuclear test, North Korea announced plans Tuesday to launch an Earth observation satellite on a rocket later this month, in what critics see as a covert test of banned technology for a ballistic missile that could strike the U.S. mainland.

An official at the London-based International Maritime Organization said North Korea declared that the launch would be conducted between Feb. 8 and 25, between 7 a.m. and noon Pyongyang time. The official spoke on condition of anonymity because she hadn't been authorized to speak publicly yet.

UN deputy spokesman Farhan Haq said North Korea also informed the International Civil Aviation Organization and the International Telecommunication Union of the planned satellite launch.

"Right now, we're carefully monitoring developments and are in close touch with the interested parties and the international organizations," Haq said at UN headquarters in New York.

> **Right now we're carefully monitoring developments.**
> Farhan Haq

The declaration, which is meant to warn civilians, shipping and aircraft in the area about the rocket and falling debris, follows North Korea's claim last month to have tested a hydrogen bomb, the country's fourth nuclear test. It will be seen as a snub by North Korea of its only major ally, China, whose representative for Korean affairs landed in Pyongyang for talks on Tuesday.

The International Telecommunication Union said North Korea also informed its Geneva office of its intention to launch a Kwangmyongsong (Bright Star) -type Earth observation satellite with a four-year operational life. But the ITU's UN representative, Gary Fowlie, said not enough technical information had been supplied to register it in its Master International Frequency Register. THE ASSOCIATED PRESS

SOCCER AFGHAN LEAGUE PLANS MEETING BETWEEN FAN AND HIS HERO Murtaza Ahmadi, a five-year-old Afghan Lionel Messi fan, plays soccer at a stadium in Kabul on Tuesday. The Afghan Football Federation is planning a meeting between Messi and Ahmadi. RAHMAT GUL/THE ASSOCIATED PRESS

SOMALIA

Plane lands with gaping hole in side

An explosion and fire blew a gaping hole in a commercial airliner forcing it to make an emergency landing at Mogadishu's international airport late Tuesday, officials and witnesses said.

Two people were slightly injured as 74 passengers and crew of the plane were evacuated after the plane made a safe landing, Somali aviation official Ali Mohamoud said.

The plane, operated by Daallo Airlines and headed to Djibouti in the Horn of Africa, was forced to land minutes after taking off from the Mogadishu airport, said Mohamoud.

The pilot, Vladimir Vodopivec, was quoted by Belgrade daily Blic as saying he believed the explosion was caused by a bomb.

"Luckily, the flight controls were not damaged so I could return and land at the airport," he said. "Something like this has never happened in my flight career. We lost pressure in the cabin. Thank God it ended well."

THE ASSOCIATED PRESS

A huge hole is seen in the side of the plane. TWITTER/@HARUNMARUF

U.K. to mull EU proposal

EUROPE

Economy, benefits for migrants among issues

Will the EU's offer be enough to keep Britain in the European Union? That remains to be seen. The proposals contain no changes to the EU's governing treaties, but Britain does win some concessions, notably a green light to limit benefits for migrants.

British Prime Minister David Cameron and the bloc's other leaders hope to seal agreement at a summit in Brussels starting on Feb. 18.

Here are the main points:

Limiting migrants' benefits

Cameron has made limiting British welfare payments to workers from other EU countries a centerpiece of his clash with the EU. The plan provides for a special "emergency brake" that Britain could use exceptionally when too many workers are coming in - and the EU's executive Commission says data show they already are. That's a virtual green light for Britain to limit benefits as soon as the deal is sealed.

Regain powers from Brussels

The EU's founding treaties refer to the goal of creating "an ever closer union." The plan underlines that this does not mean extending the powers of the EU or centralizing sovereignty in Brussels. The leaders would agree that countries can integrate at their own pace, and that Britain "is not committed to further political integration." Any draft legislation that might interfere with national sovereignty could be debated and possibly revised if 55 per cent of the 28 national EU parliaments oppose it.

Fixing the economy

Britain is not part of the 19-nation bloc using the euro single currency but it's a major European financial centre. Cameron has sought to ensure that the eurogroup does not act to the detriment of those outside. The plan would outlaw any discrimination against those not in the eurozone and ensure that action taken by the 19 states respects the way the full European economy works. By the same token, non-euro countries would not be allowed to interfere in the group. Countries that aren't part of the euro won't need to pay for measures needed to protect the currency.

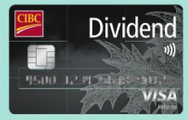
A more competitive EU

The EU has been on a drive to cut red tape in recent years. This plan places added emphasis on the need for the EU to compete better in the world economy and create more growth and jobs. Leaders would commit to repeal unnecessary legislation and cut costs for small and medium-sized enterprises. They would promise to monitor progress and make changes to legislation if needed.

THE ASSOCIATED PRESS

Get a 4% cash back windfall.

Earn 4% cash back on absolutely everything for the first six months or on the first $5000 you spend.† There's no annual fee for the first year◊ and no limits on your cash back. No wonder it's CIBC's cashiest cash back card around.

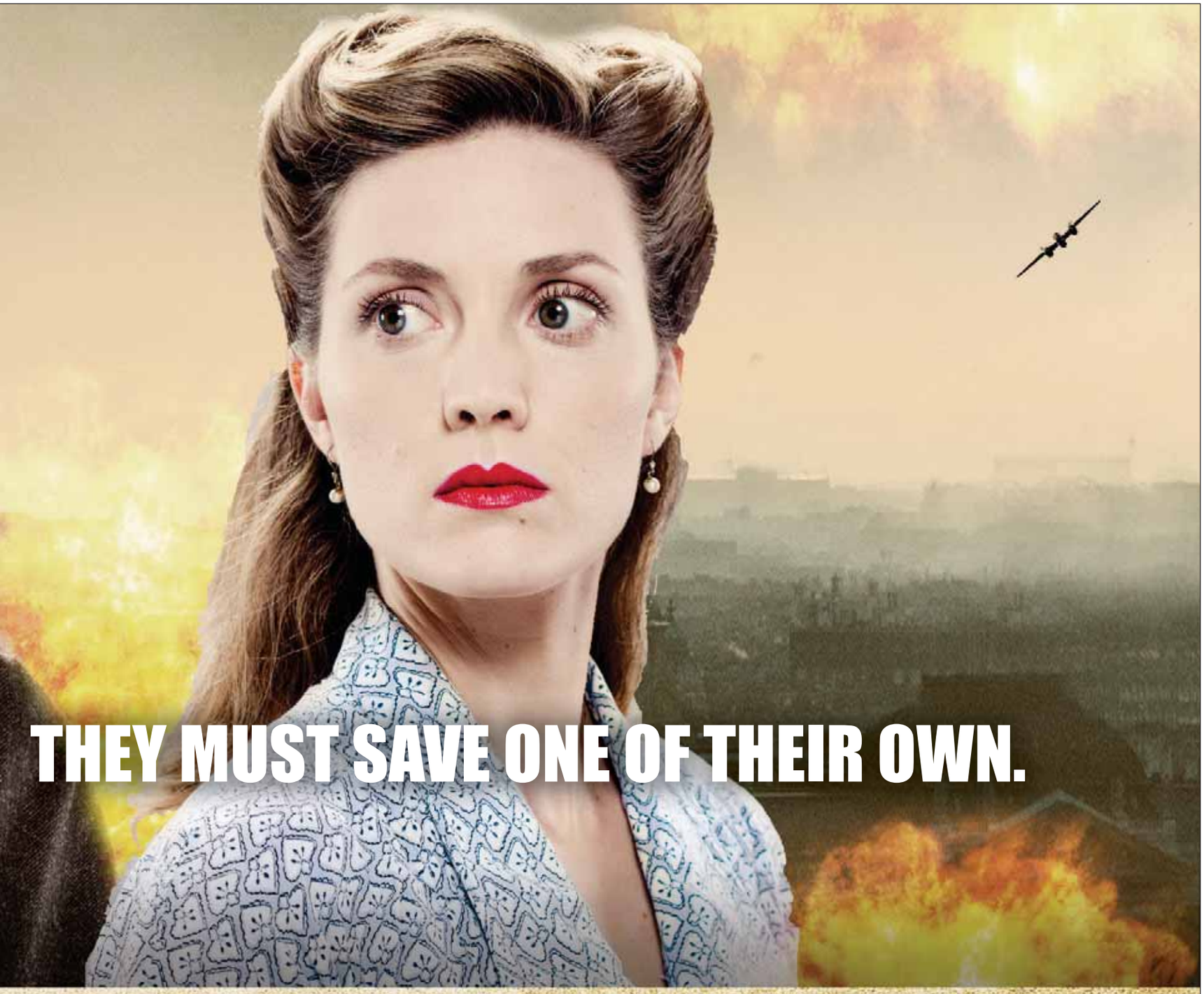


cibc.com/windfall

Banking that fits your life. CIBC

†The 4% cash back offer (the "offer") is available to all cardholders who apply and are approved for CIBC Dividend® Visa Infinite* Card and CIBC Dividend Platinum® Visa* Card between January 18 and March 31, 2016, and applies to all purchases posted to your account for the first six months, beginning from your account open date and ending 180 days after your account open date, or $5000 in total purchases (equal to $200 cash back), whichever comes first. Cash back is earned on purchases less returns and credits. Non-purchase transactions, like interest, fees and balance transfers, do not earn cash back. Credit card account must be open and in good standing at the time the cash back is awarded. This offer may be withdrawn or changed without prior notice at any time. CIBC may, in its sole discretion, disqualify, limit or revoke this offer if you are believed to be abusing or manipulating it, or engaging in any suspicious or fraudulent activity. Further conditions apply. Visit cibc.com/windfall for more details. ◊This offer applies to the following eligible cards: CIBC Dividend® Visa Infinite* Card and CIBC Dividend Platinum® Visa* Card. If you apply and are approved for a new eligible card between January 18 and March 31, 2016, CIBC will rebate the annual fee for you (the primary cardholder) and up to three authorized users added at the time of the application. This offer applies for only the first year. This offer does not apply to transfers from another credit card account. This offer may be withdrawn or changed without prior notice at any time. CIBC may, in its sole discretion, disqualify, limit or revoke this offer if you are believed to be abusing or manipulating it, or engaging in any suspicious or fraudulent activity. Further conditions apply. Visit cibc.com/windfall for more details. *Trademark of Visa Int., used under license. The Contactless Indicator is a trademark of EMV Co. LLC. CIBC Cube Design & "Banking that fits your life." are trademarks of CIBC. All other trademarks are owned by CIBC.

X COMPANY



ALL-NEW EPISODE

TONIGHT 9

ECONOMY

Boost skills, tweak EI, report suggests

The C.D. Howe Institute says reforms to employment insurance and moves to develop a more highly skilled workforce can help Canada's labour market adjust to weakened economic conditions.

The Toronto-based think-tank says the federal government should make changes to EI because the program only covers about half of unemployed Canadians.

The document's author, Craig Alexander, argues that Ottawa should replace its regionally based criteria for EI with eligibility and benefits rules that are uniform across the country.

Alexander also says Canada must focus on creating a more highly skilled workforce as a way to increase productivity. He says such positions made up virtually all net job creation between 1999 and 2012.

The former chief economist at TD Bank says the labour force is facing a number of challenges, including globalization, an aging population and technological changes — all factors that have been compounded by the steep slide in commodity prices.

Meanwhile, the report notes that in recent years Canada has seen a shift toward more precarious types of employment such as temporary, self-employed and part-time jobs.

THE CANADIAN PRESS

1 week

The reduced waiting time, down from two weeks, for Employment Insurance benefits that the Trudeau government has promised as part of reforms to the EI program.

My knowledge and talents

make a difference in people's homes.

Being part of our team means tapping into your inner potential each day to help customers achieve their home improvement goals. It's a commitment that drives us to ensure a positive and productive experience for everyone who comes through our doors. And as we build on our success in serving our communities, we look for talented professionals who share our passion.

The Home Depot, the world's largest home improvement retailer, is currently hiring quick learners with a strong customer service focus to work in our stores across Canada. Many positions are available, including:

Cashiers • Sales Associates • Specialty Sales Associates

Join us on the following date at the location listed, and learn to unleash your inner orange.

SCARBOROUGH HOME DEPOT CAREER FAIR

Wednesday, February 10, 1pm - 4pm
428 Ellesmere Road, Scarborough, ON M1R 4E6

If helping people comes to you as naturally as smiling, then our customer-facing career opportunities may be a perfect fit for you. To expedite the application process, please bring your applicationconfirmation # (ends in BR) and 2 pieces of government ID (one with a picture).

Apply online at **homedepotjobs.ca/1912**

THE HOME DEPOT

2015 CANADA'S GREENEST EMPLOYERS

2016 CANADA'S BEST DIVERSITY EMPLOYERS

We are committed to diversity as an equal opportunity employer.

QUESTIONING SHKRELI TO TAKE THE FIFTH Former Turing Pharmaceuticals CEO Martin Shkreli is interviewed on the Fox Business Network on Tuesday. Shkreli, who's reviled for hiking the price of a lifesaving drug, says he'd like to "berate" and "insult" Congress — but instead will take the Fifth Amendment during questioning Thursday. THE ASSOCIATED PRESS

Drug prices a cash grab

U.S. CONGRESS

Execs planned to maximize profits, reveal documents

Two drugmakers have made a practice of buying and then dramatically hiking the prices of low-cost drugs given to patients with life-threatening conditions including heart disease, AIDS and cancer, according to excerpts from thousands of documents released Tuesday by U.S. federal lawmakers.

A U.S. congressional review of more than 300,000 pages from Turing Pharmaceuticals and Valeant Pharmaceuticals reveals how executives planned to maximize profits while fending off negative publicity over the price hikes.

Rep. Elijah Cummings released the information Tuesday ahead of a hearing Thursday to examine exorbitant price spikes.

At the centre of the investigation is Turing's former CEO Martin Shkreli, who became the poster child of pharmaceutical-industry greed last fall for hiking the price of a life-saving drug by more than 5,000 per cent. Company presentations released Tuesday show that Turing planned to turn Daraprim into a $200-million-a-year drug by dramatically increasing its price.

The House committee also reviewed more than 75,000 pages of documents from Canadian drugmaker Valeant. A memo summarizing the documents said the paperwork shows that CEO J. Michael Pearson decided to buy two life-saving heart drugs, Nitropress and Isuprel, to dramatically hike prices and drive up his company's revenue and profit.

Laval, Que.-based Valeant Pharmaceuticals International Inc. bought the drugs for $350 million US from Marathon Pharmaceuticals about a year ago and then tripled the price for one and increased the other six-fold.

THE ASSOCIATED PRESS

market minute

DOLLAR
71.29¢ (–0.50¢)

NATURAL GAS: $2.025 US (–12.7¢)
DOW JONES: 16,153.54 (–295.64)

TSX
12,442.26 (–232.11)

OIL
$29.88 US (–$1.74)

GOLD
$1,127.20 (–80¢)

metro VIEWS
Your essential daily news
Wednesday, February 3, 2016

URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION

I feel like a lot of transit riders don't know how to behave properly. Maybe you could provide a few reminders?

Dear Ellen,
I know you've written about transit etiquette before. But I feel a lot of riders still don't know how to behave properly. Maybe you could provide a few reminders?
Michael, Toronto

Dear Michael,

After a recent, bruising experience on Toronto's Spadina streetcar, I am more than happy to oblige.

It was during rush hour. The car was fully crowded, and I was stuck standing halfway down the aisle, on the circular, moving floor plate that allows extra-long streetcars to swivel around curves and corners.

Beside me was a young man wearing a gigantic pack, which he should have taken off and held in front of him, or set on the floor, as per proper transit etiquette. Instead, he kept the pack securely fastened to his back, and monopolized the only available pole while heedlessly battering everyone around him.

As his nearest target, my noggin was treated to a near-concussive thump every time the streetcar jostled me within striking range. The impacts increased in both frequency and severity as the hinged car navigated around the roundabout at Spadina Crescent. As I repeatedly attempted a cartoonish scramble away from the vicious backpack, the moving floor plate simply flung me face-first into it over and over again. At a certain point, I was tempted to go with the flow and throw my whole weight into the backpack and attached owner. But I reminded myself that retaliating to rudeness with physical aggression would show a distinct lack of manners on my part.

So, with "remove your backpack" as rule No. 1, let's review some other points of transit etiquette:

Turn down your music: Even if by some bizarre chance we like the song you're playing, we don't want to listen to it bounced off your waxy ear canals via your leaky headphones.

Don't eat anything the rest of us can smell or hear: Discreetly nibbling raisins or a quiet muffin is one thing. Munching, slurping and crunching noisy snacks or squirty pungent sandwiches is strictly verboten.

Respect boundaries: Enjoy your seat if you have one. But please don't assume you're also entitled to spread your belongings or limbs across the seat beside you. Contrary to popular belief among some leg-spreaders, your knees are not allergic to each other. Seriously, knees can come well within 10 inches of each other without causing injury to any nearby organs.

Control your hoods: You may not realize it, but your big, fat parka hood takes up space. When you're sitting back-to-back with another rider, make sure your head gear isn't draped over the seat onto someone else's head.

That goes for big, fat hairdos too: Few things are more disconcerting than feeling someone else's hair spongily surround your own head or slip-slide down your back collar. I love to look at any kind of hairdo, but I don't want it touching me without prior consent.

Control your groceries: I know it might be fun to watch your bags of food repeatedly smack the head of someone sitting obliviously in a seat that, in the kind of just society where transit-etiquette refresher columns are unnecessary, would have been given up to you and your heavy burden of consumables. But it's still wrong.

Stand up to let people get out of the seat beside you: Don't just swing your legs a few inches to the side in a token effort to make room for a rider getting off before you. Leap to your feet and get out of the way!

There you have it: Not my first transit-rules review, nor, I fear, my last.

Need advice?
Email Ellen:
scene@metronews.ca

HAVE YOUR SAY: RACISM

GETTY IMAGES

Ellen's column last week — giving advice to Ivy, a self-described racist — touched a nerve. We got dozens of emails and tweets; some supportive, others highly critical. Do you have thoughts to add? Send your feedback to scene@metronews.ca.

ROSEMARY WESTWOOD
metroview

Witness 'satisfied' with her testimony. Perhaps Ghomeshi is, too.

Marie Henein, Jian Ghomeshi's lawyer, had paced the wood-panelled courtroom for an hour.

Tuesday, as the day before, she grilled the witness about the incongruous details in her claims that Ghomeshi twice sexually assaulted her in 2002 and 2003.

The witness, whose identity is covered by a publication ban, had told media and police that she had no contact with Ghomeshi after the last alleged assault. She said she didn't even listen to Q because it "re-traumatized" her.

But didn't she testify on Monday, Henein asked, to writing him an email?

"I said I have a recollection of drafting an email in anger," the witness said.

And that turned it. Henein then revealed the most damaging evidence of her withering cross-examination.

First, an email dated January 2004, a year after the last alleged assault, sent at 3 a.m.

"hello Play>Boy," it reads, a reference to the TV show Ghomeshi had hosted. "Good to see you again!" She offers her phone number.

Then another, sent six months later around 2 a.m., with a photo of the witness in a string bikini. In court, everything needs an explanation: Why did you say one thing to one person, and something else to another? Why did you send that email? Why did you see that man again? The explanations need to make sense. They better be rational. The burden of proof is high.

"Are you now prepared to admit that you have lied under oath?" Henein asked.

"No."

The witness explained the emails were a kind of bait: "I wanted Jian to call me, so that I could ask him why did he violently punch me in the head," adding: "I remember (now), reading this."

Memories change, the witness had said, "And as you sit with them you remember more of the peripheral parts ... I didn't sit and script a story."

If she had, it would surely have contained fewer holes.

Henein called the witness's testimony "implausible ... a bikini photo to the man who traumatized you?"

Lying was the theme of the cross-examination. That's not surprising in a sexual assault trial, but the emails and the sexy photo: Those were.

Ghomeshi never called, "Did he?" Henein asked.

"No," the witness said.

In a statement issued later, she said she remains "satisfied" that she came forward: "A weight has been lifted."

Inside the courtroom, one couldn't help but wonder if Ghomeshi, grim and expressionless, had a similar feeling: One down, two to go.

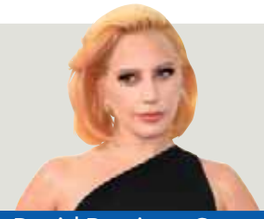
metro
Your essential daily news

STAR MEDIA GROUP PRESIDENT
John Cruickshank
VICE PRESIDENT & EDITOR
Cathrin Bradbury
VICE PRESIDENT & GROUP PUBLISHER METRO EASTERN CANADA
Greg Lutes
MANAGING EDITOR TORONTO
Angela Mullins
ADVERTISER INQUIRIES
adinfotoronto@metronews.ca
General phone 416-486-4900
FREE TO SHARE

PHILOSOPHER CAT
by Jason Logan

Philosopher cat now at
www.mymetrostore.ca

metro LIFE
Your essential daily news



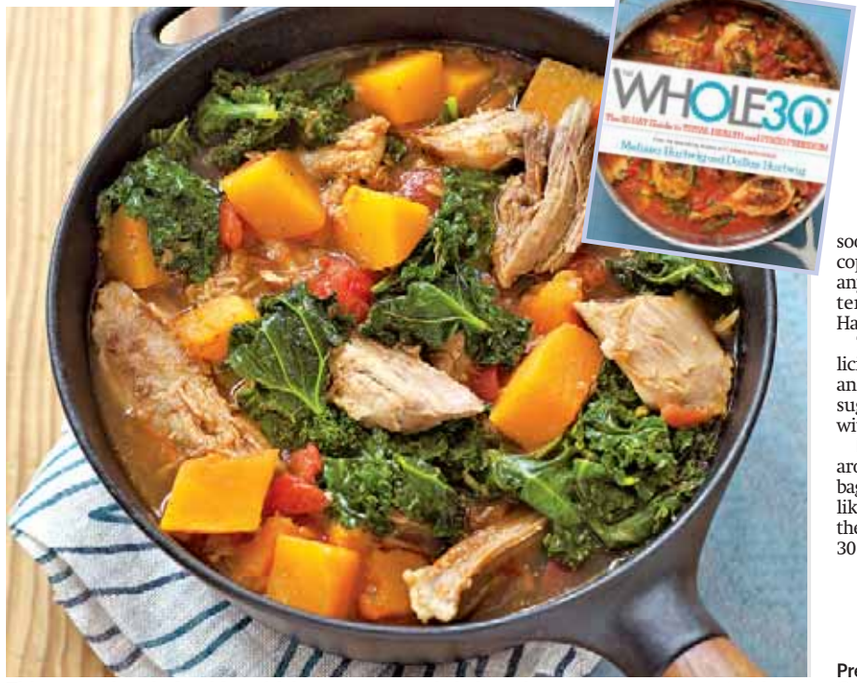
Lady Gaga to perform tribute to David Bowie at Grammys

A month-long food makeover

COOKBOOK

The Whole 30 diet program doesn't allow any slipups

Liz Brown
Metro | Canada



This roasted pork shoulder with butternut squash, kale and tomatoes, serves two (with leftovers). ALL PHOTOS: ALEXANDRA GRABLEWSKI

It's now February and reasonable to assume most of us have returned to wine, chocolate and cheese habits following a few weeks worth of New Year's resolutions.

But if you're willing to give your diet goals another go in 2016, you might consider the Whole 30 — a super-strict program that took social media by storm in 2015. Adherents to the eating plan used the #Whole30 hashtag over one million times last year to share recipes and moral support as they navigated a series of eating and behavioural changes outlined in the book.

It's a support network that's needed if you're to embark on the 30-day program, which allows for zero slipups and eliminates most of the consumables that bring us joy: grains, sugar, alcohol, dairy and legumes.

"According to habit research, social support and accountability are huge for people trying to make long-term changes," says Melissa Hartwig, explaining the vast online support system for The Whole 30 program, which includes forums and a blog at whole30.com. Hartwig is co-author of The Whole 30: The 30-Day Guide to Total Health and Food Freedom and has no sympathy for people who say they couldn't possibly give up all of these foods for a month. "You really can't give up sugar for a month? Because if you can't, I suggest you take a look at your relationship with sugar. It's only 30 days, not the rest of your life," she says.

The idea behind the program is to eliminate foods that research shows can be psychologically and physiologically problematic for many people — those foods that cause binging and sensitivities like bloating — and then reintroduce them slowly to see if any have adverse effects.

The idea is you'll also break bad eating habits — like reaching for that 2 o'clock cookie.

"The strictness isn't about a boot camp or a hazing," says Hartwig. "It's more of a food experiment."

For Hartwig, it's about changing behaviours and paying attention to how different foods make you feel on both a physical and psychological level.

"If you come home from a hard day at work and immediately reach for a glass of wine, this will make you consider what else you can do to calm and self-soothe. You're developing new coping skills, which is huge for anything you want to be long-term and sustainable," says Hartwig.

"The strictness isn't about a boot camp or a hazing. It's more of a food experiment."
Whole 30 co-author Melissa Hartwig

The recipes in the book are delicious, easy and nutrient dense and don't include dairy, grains, sugar or legumes, for anyone with sensitivities to these foods.

I'm still wrapping my head around a month without wine, baguettes and cheese, but recipes like the one below (on p. 344 of the book) are making the Whole 30 program more appealing.

Roasted Pork Shoulder with Butternut Squash, Kale and Tomatoes

Prep time: 10 minutes
Cook time: 3 hours
Total time: 3 hours 10 minutes

Ingredients
- 2 tsp paprika
- 1 tsp chili powder
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp salt
- 1/2 tsp black pepper
- 1/2 lime, juiced
- 1 1/2 pounds pork shoulder (boneless)
- 1 butternut squash, 1-inch diced
- 1 bunch kale, stems removed, leaves chopped
- 1 cup diced tomatoes

Directions

1. Preheat oven to 300 F. Mix the paprika, chili powder, garlic powder, onion powder, salt, and pepper in a small bowl. Add the lime juice and stir. Place the pork in a Dutch oven or deep roasting pan and coat all sides of the pork with the spice mixture. Add 1 cup of water and cover tightly with a lid or aluminum foil. Cook in the oven, turning the pork shoulder in the pan every 45 minutes.

2. After 2 hours and 15 minutes, add the butternut squash and 1/2 cup of water to the Dutch oven or pan. Cook for 30 more minutes, then add the kale and tomatoes. Place back in the oven for 15 minutes more.

3. Remove the pan from the oven and leave covered until you are ready to serve. With tongs or a slotted spoon, arrange the vegetables on plates, then break the pork apart into generous chunks and place over the vegetables. Spoon the braising liquid from the pan over the pork.

Creativity is subjective. **The truth isn't.**

Truth in Advertising Matters.

ASC Advertising Standards Canada
adstandards.com/psa

Hosting a horde of fans for the Super Bowl? Or are you crashing somebody's party and bringing something delicious? You could spend a lot of time thinking about what to prepare, or you could just make saucy beer sliders and a decadent creamy dip for the win. **THE ASSOCIATED PRESS**

Super Bowl snacks that stack up

IN THE SKILLET

A little beer adds a whole lot of flavour to mini burgers

SUPER 50 BOWL

Big provisions are required to watch the big game, and nothing's more substantial than a burger, even in its mini form — the slider.

Indeed, if you plan to serve a variety of dishes for the Super Bowl, sliders are more sensible than the full-sized guys. But they happen to be a little trickier to cook than a standard-issue burger. The slider's size makes it tough to put a nice crust on the outside while ensuring that it doesn't overcook on the inside.

First, the sliders need to be about 3/4 inch thick, not only so they don't overcook, but so you can fit all of them at one time into the skillet.

Second, the skillet needs to be large, a 12-incher. If you don't have a skillet that big, use two smaller ones and cook six sliders in each.

And third, whichever skillet you use, the oil must be heated until it's almost smoking. At the start, you want the burgers to sear, not steam, which is what will happen if the pan isn't hot enough.

At first, the sliders will be crowded together in the skillet, but they'll shrink down as they cook, giving off fat and juices in the process. You deglaze the pan with beer, of course, which mingles intimately with the fat and juices released by the burgers to create a delectable pan sauce.

You can spoon some of this liquid onto the buns before sliding in the burgers, or a more extravagant technique: pour the sauce into ramekins and invite your guests to dunk their sliders into it between bites.

Whatever happens on-screen, you'll be winning at home.

Beer steamed cheese and mushroom beef sliders. MATTHEW MEAD/THE ASSOCIATED PRESS

Beer-Steamed Cheese and Mushroom Beef Sliders

Start to finish: 50 minutes
Makes 12 sliders

Ingredients

- 3 Tbsp vegetable oil, divided
- 1/2 cup finely chopped yellow onion
- 3 ounces mushrooms (white, cremini or shiitake), finely chopped
- Kosher salt
- 2 Tbsp finely chopped pitted green olives
- 2 Tbsp finely chopped, drained, canned green chilies
- 3 ounces sliced sharp cheddar cheese, broken into 12 equal pieces
- 1 1/2 pounds ground beef, shaped into 12 sliders, each about 3/4 inch thick
- Ground black pepper
- 1/3 cup beer
- 12 slider buns

Directions

1. In a large (at least 12-inch) skillet over medium, heat 1 tablespoon of the oil. Add the onion and cook until golden, about 8 minutes. Using a slotted spoon, transfer the onion to a bowl. Add another tablespoon of the oil to the pan, the mushrooms and a hefty pinch of salt. Cook, stirring occasionally, until the liquid the mushrooms give off has evaporated, about 5 minutes. Transfer the mushrooms to the bowl with the onion. Reserve the skillet.

2. Add the olives and chilies to the mushroom mixture and stir well. Set aside.

3. Return the skillet to high heat. Add the remaining tablespoon of oil and wait until it is almost smoking. Meanwhile, season the sliders on one side with salt and pepper. When the oil is hot, add the sliders, seasoned side down (it will be a little crowded in the pan), and cook them until they are just browned on the first side, about 2 minutes. Sprinkle the top side of each with salt and pepper, turn the sliders over and cook for another 2 minutes.

4. While the sliders are browning, top each slider with a heaping teaspoon of the mushroom mixture, dividing all of the mixture among the sliders, then place a piece of cheese on top of each. Quickly pour the beer into the pan, all around the sliders, cover the pan and steam for 2 minutes.

5. Turn off the heat and let the sliders sit in the pan for another minute to let the cheese melt completely. Spoon some of the liquid in the skillet onto the tops and bottoms of the buns, transfer the sliders to the buns and serve right away.

THE ASSOCIATED PRESS

A CROWD-PLEASING DIP

Hot-and-Creamy Pesto Spinach Dip

Start to finish: 30 minutes (10 minutes active)
Servings: 8

Ingredients

- 2 teaspoons olive or vegetable oil
- 1 teaspoon finely minced garlic
- 9-ounce package frozen chopped spinach, thawed and squeezed to remove excess liquid
- 8-ounce package cream cheese, softened
- 3/4 cup shredded Monterey Jack cheese
- 1/4 cup grated Parmesan cheese
- 1/4 cup milk or cream
- 1/4 cup minced fresh basil
- Kosher salt and ground

Directions

1. Heat the oven to 350 F. Coat a shallow, 4-cup baking dish or 9-inch pie pan with cooking spray.

2. In a medium skillet over medium, heat the oil. Add the garlic, stir for 30 seconds, then add the spinach and cook, stirring frequently, until the spinach is cooked and no liquid remains in the pan, about 4 minutes. Remove from the heat and cool.

3. Meanwhile, in a medium bowl, combine the cream cheese, Monterey Jack, Parmesan, milk, basil and a hefty pinch each of salt and pepper. Use an electric mixer to beat until well combined, then add the spinach mixture and mix again until fully incorporated.

4. Transfer the mixture to the prepared pan, smoothing the top, then bake for 20 minutes, or until hot and bubbling.

5. Serve hot with bread or crackers.

THE ASSOCIATED PRESS

ROSE REISMAN THE SAVVY EATER

THIS WEEK: Snacks

Bite size doesn't mean better — don't let small snacks fool you!

PICK THIS

Chipotle Chicken Snack Wrap with Grilled Chicken
(Tortilla, grilled chicken, chipotle barbecue sauce, shredded Monterey Jack & light cheddar cheese, lettuce)

Calories 230
Fat 6 g
Saturated Fat 2.5 g
Sodium 540 mg

SKIP THIS

The Italian McTaster
(Ciabatta bun, Junior Chicken patty, tomato, Parmesan and herb sauce, lettuce, shaved Parmesan)

Calories 370
Fat 18 g
Saturated Fat 4 g
Sodium 810 mg

HERE'S WHY

Equivalent: Same amount of sodium as 6.5 small servings of New York Fries

If you're looking for a quick snack item, McDonald's petite McTasters may seem like a small fast food indulgence. While tiny in size, with its crispy chicken and creamy cheese sauce, it packs full-sized sodium & fat. Opt for a McDonald's snack wrap, with grilled chicken and chipotle barbecue sauce — you'll get 40 per cent less sodium and calories, and three times less fat! Think of it as eating 6.5 small servings of New York Fries — that's bad news for your blood pressure!

DIET

More fibre, less risk of breast cancer: Study

New American research suggests that young and adolescent women should increase their intake of fibre, especially from fruit and vegetables, to reduce the risk of developing premenopausal breast cancer.

This is the first time such extensive research has been carried out to investigate the relationship between a fibre-rich diet and the onset of breast cancer.

The results highlight the importance of a diet including plenty of fruit and vegetables.

In fact, the more fruit and vegetables consumed during young adulthood, the more the risk of developing breast cancer appears to diminish. Scientists leading the study linked this to the effect of fibre on estrogen levels. Dietary fiber tends to reduce high levels of estrogen in the blood, which are strongly linked to breast cancer development.

Maryam Farvid and colleagues at Harvard Chan School were particularly interested in the effects of diet during adolescence, a period of life when breast cancer risk factors appear.

The study followed a group of 90,534 women aged between 27 and 44 in 1991. The results showed that young women eating more fibre in early adulthood had a 12 to 19 per cent lower risk of developing breast cancer (depending how much they ate) than those who ate much less or no dietary fibre. The study found that the benefits were even greater for women who ate high-fibre diets from adolescence. A high fibre intake in early life was found to reduce the overall risk of breast cancer by 16 per cent and cut the risk of premenopausal breast cancer by 24 per cent.

What's more, each additional daily intake — however insignificant it may seem — such as an apple and two slices of wholewheat bread or half a cup of kidney beans or cauliflower, could have a positive impact on the future likelihood of developing breast cancer. The study showed that eating an extra 10 grams of fibre per day in early adulthood reduced the risk of breast cancer by 13 per cent.

Foods with the highest levels of fibre include kidney beans, lentils, wholegrain cereals, fruit and green vegetables. AFP

DRINK PICK

Find the right cooking wine

Geography is the trick to picking the right wine for a dish. If you have a doubt about what to pour into your recipe just look for inspiration from where the recipe was born.

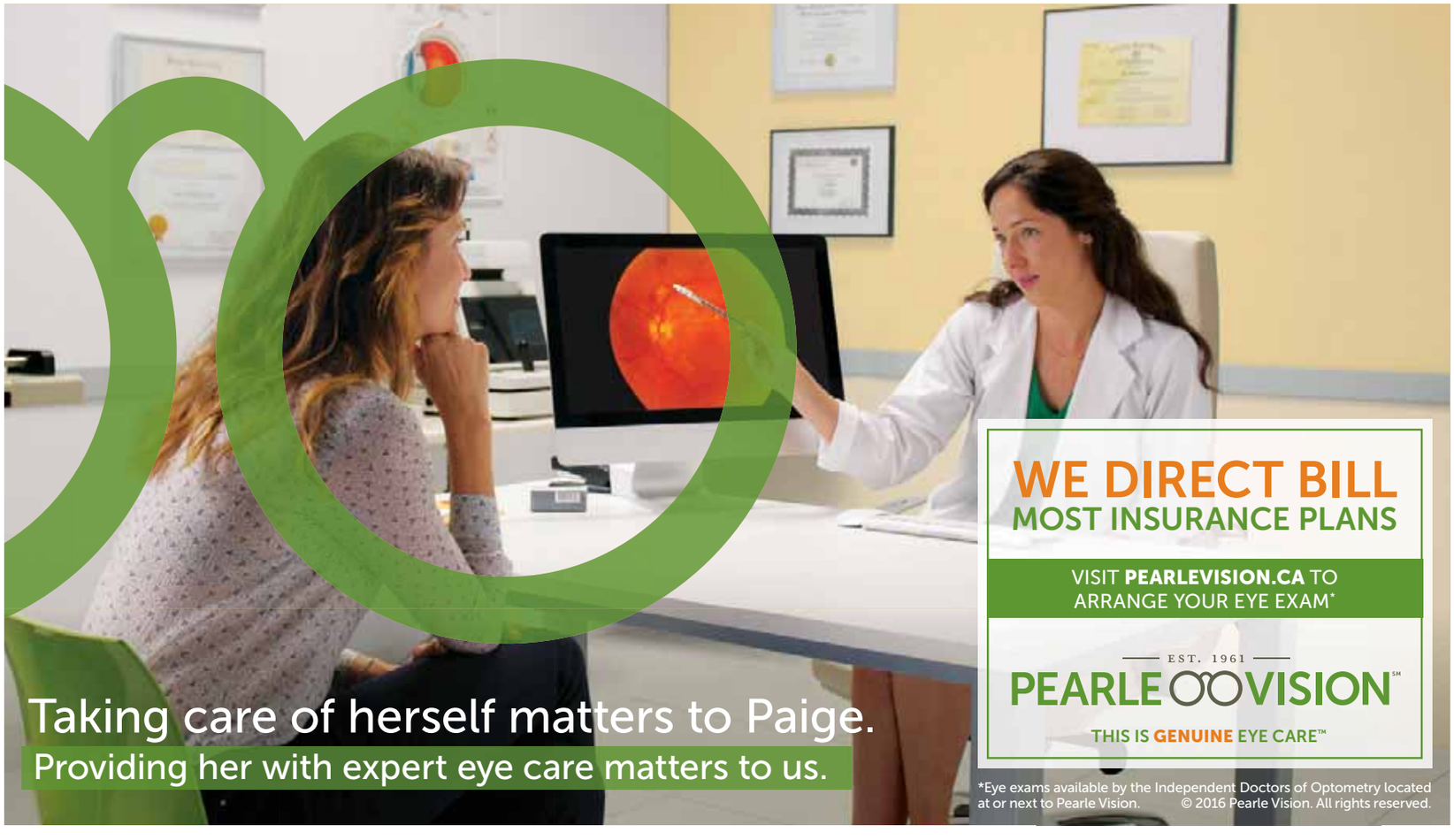
A great example is beef bourguignon. The classic French take on beef stew was conceived in Burgundy, one of France's most famous wine regions.

The wine to use would naturally come from Pinot Noir, the indigenous red grape of Burgundy. But as with any good chef, you can adapt the liquid to meet your budget.

Philippe de Rothschild's 2013 Pinot Noir ($11.79-$13.99) is a solid Pinot with light Burgundian flare that makes a more than reasonable substitute for the real thing.

PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.

PETER ROCKWELL/ FOR METRO


Taking care of herself matters to Paige.
Providing her with expert eye care matters to us.
WE DIRECT BILL
MOST INSURANCE PLANS
VISIT PEARLEVISION.CA TO
ARRANGE YOUR EYE EXAM*
EST. 1961
PEARLE VISION
THIS IS GENUINE EYE CARE
*Eye exams available by the Independent Doctors of Optometry located at or next to Pearle Vision.
© 2016 Pearle Vision. All rights reserved.

Beyoncé's dress sparks online controversy

DEBATE

Coldplay video filmed in India shows singer in classic garb

Beyoncé dons traditional Indian clothes and jewellery in Coldplay's new music video. HANDOUT

Cultural appropriation or appreciation? That's the debate sparked by Coldplay's new music video, shot in Mumbai during the Hindu festival of Holi and featuring Beyoncé dressed in traditional clothes and jewellery, with henna on her hands.

Many accused the British band of using India as an "exotic playground" in the video for Hymn for the Weekend and reinforcing reductive stereotypes about the diverse country.

"If cultural appropriation means that a privileged group adopts the symbols and practices of a marginalized one for profit or social capital, then yes, Coldplay's video is committing cultural appropriation," Rashmee Kumar argued in The Guardian.

The depiction of Hindu practices and symbols in the video — from holy men levitating in robes to children covered in bright powders break-dancing in a slum — is through a white, western lens, Kumar wrote.

And that can "wield real power to reinforce the racial and colonial logics that undergird the way we think about non-western people, places and cultures."

Not everyone was offended by the video, however. "Beyoncé showed India in many ways and made it look beautiful and lovely. She portrayed India excellently. As an Indian, I loved it," one fan commented on Twitter.

"It's a song in the spectrum of joy, celebration and almost drunken abandon, something that no other festival but Holi symbolises for the world's masses," Kunal Anand wrote in the India Times. "The song isn't a 'real India', 'We-are-a-superpower' advertisement — this is Coldplay's own artistic interpretation. And do they make us look bad? No. This is what Mumbai's slums look like, and yet no one is looking filthy, underfed or unwell."

> **This is Coldplay's own artistic interpretation. And do they make us look bad? No.**
> Kunal Anand defends the band in the India Times

Coldplay even tweeted that the song reached number one on the iTunes India chart. "Thank you to the people of India for making us feel so welcome," the band wrote. But Coldplay has been accused of reinforcing cultural stereotypes in the past: in the video for the band's song Princess of China, Rihanna dons a series of Japanese Geisha-like costumes on a set that looks distinctly Chinese. That prompted criticism that Coldplay is not only culturally insensitive, but ignorant, too. Critics also say this isn't the first time India has been used as a stereotype-filled setting for Western artists. In her video for Bounce, Iggy Azalea — who is already strongly criticized for being a white woman from Australia who raps like she's black and from Atlanta — dances in a sari at a wedding in front of a backdrop of Indian women. Azalea also sports a gold headdress as she gyrates atop an elephant in the clip.

Coldplay and Beyoncé are slated to perform alongside Bruno Mars at the Super Bowl halftime show on Sunday, prompting questions about whether they will sing the new track.

"Here's hoping that Coldplay has decided to give their song a different visual cue, rather than trying to make the Super Bowl into a religious festival and a Bollywood extravaganza at halftime," wrote University of Pennsylvania religious and Africana studies professor Anthea Butler.

TORSTAR NEWS SERVICE

The Caribbean: all-inclusive fun in the sun.

Discover our special offers on vacation packages to Jamaica, the Dominican Republic and other Caribbean islands.

Learn more at westjet.com/caribbean or call your travel agent.

WESTJET vacations

If you're using your wife or girlfriend's luxury skin care products, it's time to man up and buy your own. ISTOCK

Skin care is a manly pursuit

TREND

Modern males are trading bars of soap for serums

Robert Cribb
Torstar News Service

A counterintuitive new female grievance has found its voice.

It alleges that modern men have taken to stealing fancy, female-targeted skin care elixirs from shared bathroom shelves in breach of accepted, gender-exclusive grooming product protocols.

This isn't good for anybody.

In random chats with female friends and colleagues about the subject of this column in recent weeks, 73 per cent registered this precise protest unsolicited, nearly verbatim, with indignant flourishes.

When pressed on the seriousness of this issue, most eventually downgraded their outrage to ambivalence. While it may mean for them the premature disappearance of extortionately priced, rose-infused essential oils and age-defying creams, it also means their lads are evolving their skin care regimens.

Such a male grooming upgrade — from bars of Ivory soap to cleansers and toners only found in the well-lit, luxury section of the Shoppers Drug Mart — appears to elicit begrudging welcome from partners.

The deeper question here is what the theft of female skin care products means for men who are adopting this new, lavender-scented identity.

Quick tip lads: If you're using any skin care product billed as being effective in the treatment of stretch marks, that contains floral ingredients drawn from distant European pools or ancient rain forests, is packaged in ornate bottles bearing calligraphy-fonted labels or was purchased from a mysterious place called L'Occitane, it's time to man up and get your own bloody stuff.

"Men have different facial skin than women. Their skin is thicker with smaller pores so they need a product that will penetrate easier," says Toronto cosmetic plastic surgeon Dr. Peter Bray.

Our higher testosterone levels also set our skin apart from women, he says, because it means a more oil-heavy surface requiring degreasing ingredients.

Here's the daily regimen one physician uses to heal thyself: Bray favours a "medical grade" line called SkinCeuticals.

After morning cleansing and shaving, he uses an antioxidant serum called CE Ferulic. After evening cleansing, he applies a different serum called Retexturing Activator for overnight exfoliation and moisture.

You may already be slightly overwhelmed by these words and concepts. Not done yet.

He also uses a separate eye cream (A.G.E. Eye Complex) and, on alternative nights, a retinol cream (Retinol 0.5) to reduce the signs of aging.

There's more.

Winter and summer, he applies sunscreen before opening his front door. "Applying regular sunscreen with an SPF of at least 50 is the best anti-aging treatment..." he says.

Still, not done.

Every three or four months, he has Botox injections to "soften facial lines, angry 11's between the eyes, crow's feet and forehead."

He calls it the "best 15 to 20-minute treatment you can have to look completely refreshed and rested without any downtime."

Ok, bro. I know what you're thinking. Considering that level of time, effort and money, your bar of mushy Ivory soap is looking pretty sweet.

Toronto dermatologist Lisa Kellett puts her percentage of male clients at her trendy Yorkville clinic at 30 per cent and rising, drawn by high-tech procedures, injections and products. This skin care renaissance is being driven in part, say experts, by our slowly emerging realization (long after women) about the importance of high-quality skin care.

"What goes on you goes into you," says Graydon Moffat, a Toronto entrepreneur who launched her own brand of natural skin care four years ago called Graydon Clinical Luxury.

While her products are gender neutral, she has carved out a separate space on her website (clinicalluxurybynature.com) catering to a growing male clientele. They aren't always the actual purchasers, however. "I've got a lot of women buying for their men."

As the bathroom medicine cabinet becomes the site of territorial turf wars, our female partners have adopted strategic diversionary tactics, thus preemptively reducing conflict while achieving our quiet acquiescence.

The Unlimited Everything Plan ends Feb. 17th

SAMSUNG GALAXY GRAND Prime $0 on WINDtab™

nexus 5X $0 on WINDtab™

- Unlimited Data
- Unlimited calls to Canada and the USA
- Unlimited Global Text
- Low international calling rates starting at 1¢/min
- Reduced roaming rates in over 50 countries
- Voicemail+
- Call Control features (Caller ID, Conference Calling, Call Forward, and Call Waiting)

$39/mo

Offer ends Feb 17th

WIND

Learn more at WINDmobile.ca. Offer is valid as of December 11, 2015 and is subject to change or cancellation without notice. All unlimited plan features in Canada are from anywhere on our network, otherwise long distance and roaming rates apply. Eligible devices may be activated for $0 phones with WINDtab. WINDtab terms and conditions apply. All services subject to WIND's Terms of Service, Fair Usage Policy and Internet Traffic Management Policy and are for personal use by an individual. Applicable taxes extra. Additional terms and conditions apply. Google, Nexus and Android are trademarks of Google Inc. Samsung and Samsung Galaxy Grand Prime are trademarks of Samsung Electronics Canada, Inc. and/or its related entities used with permission. Screen images simulated. WIND, WIND MOBILE and TRUE MOBILE FREEDOM are trademarks of Wind Telecomunicazioni S.p.A and are used under licence in Canada by WIND Mobile Corp. © 2016 WIND Mobile

CONSUMER ADVICE

Try these tips for saving money on products

From face wash to hair care, the cost of beauty can get ugly for many Canadians, particularly women.

In 2014, Canada outpaced the U.S. in the growth rate of prestige beauty-product consumption, with Canadians spending $1.4 billion, according to a study conducted by NDP Group, Inc., a U.S. consulting firm that services North American retailers.

The notion of falling into a beauty-spending trap has always been foreign to Karina Fuentes, who grew up in Mexico City creating home-made body lotions with her Grandma Lupita.

"We used whatever ingredients we could grow or buy at the grocery store, so the idea of spending lot of money on beauty essentials seemed silly," says Fuentes. "All of our homemade lotions for me were as effective as those I have store-bought."

On that premise, she and her husband, Scott Robinson, founded Your Feel Good Soap Company in May of 2011. This pseudo-DIY shop is filled with Fuentes' home-made recipes for soap, hair care and facial products, letting patrons customize the scent and essential oils in the products.

"Our goal is to make women and men realize with natural ingredients, beauty products can be multi-use and result in great savings," adds Robinson. "For example, a body cream can double as a facial moisturizer, or a shampoo can serve as a face wash and body wash."

Such product streamlining isn't a popular concept, because decades of cosmetic-counter conditioning have led women to believe they must "invest" in a beauty routine for it to be effective, says Dino Dilio a Toronto-based makeup artist who specializes in lessons that aim to simplify overcomplicated and expensive beauty regimes.

"You shouldn't need to put on 25 products before you are ready for work," says Dilio.

Before you break the bank on adding another regime or product to your daily routine, here's what the experts suggest:

Experts say women don't have to drop a fortune to get good beauty results. TORSTAR

How to get more bang for your beauty bucks

Simplify

"Simple is what everyone needs, especially on a daily basis," says Dilio. "Your morning process should consist of a face wash, moisturizer with SPF and finally some basic makeup, if you think you still need it."

Also save time and money by using your shampoo as a face and body wash, as long as the ingredients agree, adds retailer Karina Fuentes.

"All of these washes are created with very similar bases and you can really save your money by streamlining."

Do your research

"Many cosmetic counters are trained to sell more than help," says Dilio. "Really do your research before you commit to yet another serum or potion for what you're wanting to achieve." Websites like paulaschoice.com and ewg.org allow you to search the ingredients in your products, as well as having trials on the effectiveness.

Try the DIY route

If you have dark hair or an easy-to-maintain hair colour, the box hair colour route may be a great option for touching up grey roots.

A salon can charge upwards of $60 for a root touch-up; meanwhile at a health food store, an ammonia-free kit with all the tools can cost less than $15. If you don't care about chemicals, most of the kits at Shoppers cost under $10. Experiment between prestige and drug store brands

Kamila Caban, author of VickyB.TV, a Mississauga-based beauty blog, constantly tests and compares low-end makeup brands to their high-end competitors to ensure she isn't overspending. Both she and Dilio recommend using L'Oreal mascara to "mass-tige" brands like Lancome or Tarte. Caban also finds Revlon's Photoready Air Brush Effect Foundation more effective than Makeup Forever's Ultra HD Foundation.

"It's important to always test these recommendations on yourself, since every person's skin responds differently," she says. TORSTAR NEWS SERVICE

DIY BEAUTY

BYO BB cream

The major shortfall of BB creams (the new blend of moisturizer and foundations) is that they are only offered in limited colours.

"The world is bigger than three or four skin shades," says makeup artist Dino Dilio.

To get the perfect shade of BB cream, do it yourself and simply mix equal parts of your favourite liquid foundation and SPF moisturizer together.

Raid your kitchen

Avocado oil and castor oil can all be combined for one effective hair treatment, adds beauty blogger Kamila Caban. "Simply mix equal parts and apply the treatment to your scalp, you'll find your hair has never felt better."

Rotman School of Management
UNIVERSITY OF TORONTO

Educated outside of Canada?
Try Business Edge

You left a good job to build a new career in Canada. Now it's time for your next move. Offered by the Rotman School of Management - Canada's #1 business school - the Business Edge program gives you the skills and network you need to take your career to the next level. Scholarships are available.

Register for our next info sessions:
February 4 and 25 in Mississauga, or February 16 in Toronto.

Our next program starts March 12, 2016.

Visit http://uoft.me/Edge or call 416.978.6803 for details

FUNDED BY
Canada Ontario

Weeknd leads Juno nominations

AWARDS

Toronto native gets six nods, five for Bieber and Drake

After dominating the Billboard charts for many months and landing an Oscar nomination and seven Grammy nods, the Weeknd is now being recognized on home turf with a leading six Juno Award nominations.

Abel Tesfaye. GETTY IMAGES

The internationally acclaimed Toronto native, born Abel Tesfaye, is up for best album for Beauty Behind the Madness, artist of the year, songwriter of the year and the fan choice award.

Even fellow nominees were captivated by the Weeknd's hold on the music scene at Tuesday's Junos press conference.

"The sky is the limit for him," said Mike (Beard Guy) Taylor of Walk Off the Earth, which is up for awards including group of the year and the fan choice award. "What the Weeknd is doing right now is particularly special."

Next with five nominations apiece are Justin Bieber of Stratford, Ont., and Toronto rapper Drake. Both are also up for album of the year — Bieber for Purpose and Drake with If You're Reading This It's Too Late.

Breakout vocalist Alessia Cara of Brampton, Ont., and pop star Shawn Mendes of Pickering, Ont., each have four nominations.

Pop powerhouse Carly Rae Jepsen of Mission, B.C., who received critical kudos for her album Emotion and just made a splash in Fox's live TV production of Grease, only landed one nomination, for the fan choice award.

The key categories were noticeably weighted towards pop and hip-hop artists, which the Sheepdogs' Ryan Gullen said extends from an ongoing gravitation away from rock music in Canada. The band is up for best rock album.

"We don't make music to get nominations for awards shows," he said. "We make music because we like making music."

The Weeknd, Cara, Mendes, Bryan Adams and Dean Brody will be among the performers at the Juno Awards, which will air live from Calgary on CTV on April 3.

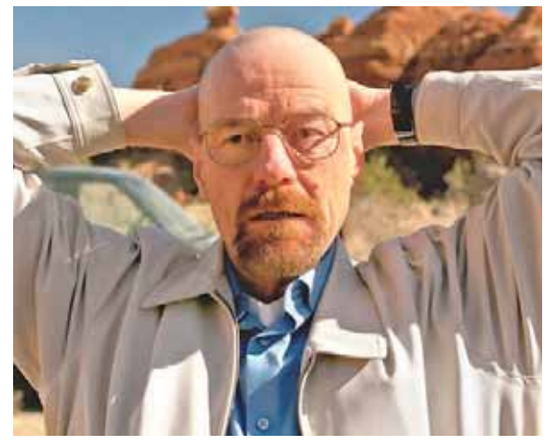
Other album of the year nominees include Mendes for Handwritten and francophone Jean Leloup for A Paradis City.

Bieber, Drake, Mendes and the Weeknd are also nominated for artist of the year along with City and Colour. THE CANADIAN PRESS

JOHANNA SCHNELLER WHAT I'M WATCHING

Someone talk to me about this show

THE SHOW: Breaking Bad, Season 5, Episode 13 (Netflix)
THE MOMENT: The Betrayal



Watching Breaking Bad after everyone moved on. CONTRIBUTED

For five seasons, Walter White (Bryan Cranston) and Jesse Pinkman (Aaron Paul) have been partners. They've cooked meth, murdered for each other, saved each other — together. Now, with the FBI closing in, Walt is hiring a Neo-Nazi to kill Jesse.

"Jesse is like family to me," Walt says. "I want what you do to be quick and painless. No suffering. No fear."

"I respect that," the Neo-Nazi says, swastika tats visible on his neck and hand. "There are too many savages out there."

OhmygodOhmygod. I'm three episodes from the end, and I am squirming in front of my screen. I didn't get into Breaking Bad when it was airing, but a few months ago I got hooked, and I've been working my way through it. (Miraculously, I've avoided spoilers.)

But the weird thing is, though I'm feeling so much, I have no one to dissect it with. Everyone who's seen it has moved on. Those still watching aren't where I am.

People have always experienced TV shows separately, in their homes. But when something is broadcast, you somehow feel connected to the unseen others out there — that they're watching with you. You're part of a collective experience, a conversation.

The way we watch now, separate from time, gives us freedom. But we sacrifice that connection.

I love Breaking Bad's aesthetic: all that talk of family, when really Walt and company are just stick figures scurrying under vast, indifferent blue skies.

Watching these final episodes alone, that's how I feel, too.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

PANDORA

GIVE HER YOUR HEART WITH A GIFT SET

LOVE IS FOREVER CHARM

Presented in a heart shaped PANDORA gift box.

$80

auroras
GIFTS FOR EVERY OCCASION
1610 Midland Avenue
Toronto, Ontario, M1P3C2
416.752.9300 | 1.800.668.3333
www.auroracollectibles.com

*In-store only. While supplies last, limited time only. No substitutions. Items featured in gift set are unavailable for individual purchase until 02/15/16.

PARALEGAL
$3,000 Bursary Available to New Students
Book a campus today!

ENROLL NOW
Program Starts February 22 & March 21

triOS COLLEGE
BUSINESS · TECHNOLOGY · HEALTHCARE
Call: 1-866-918-7634
Visit: Careerin1.com
MISSISSAUGA | BRAMPTON | TORONTO | SCARBOROUGH | OSHAWA
0216

metro DRIVE

Your essential daily news

Mini USA drops star-studded Super Bowl campaign video

Passat gets spruced up for 2016

ROAD TESTED

REVIEW

Light steering, quick response make for a worthy ride

Jil McIntosh
For Metro Canada

If a vehicle isn't quite ready for a complete makeover, automakers will often give it a "refresh" to spruce it up. That's what Volkswagen has done with its midsize Passat sedan, which gets a styling update and some interior tweaks.

There are some trim level changes as well. The diesel engine isn't currently offered, with no word on when or if it will return.

Instead, my tester carries a 1.8-litre turbocharged four-cylinder engine, which comes in four trim levels starting at $23,295. While you can get a manual transmission in the base trim, everything else uses a six-speed automatic. For those who want something more powerful, a 3.6-litre V6 comes exclusively in the new, top-line Execline trim for $38,295.

Having driven both, I find the smaller engine will be more than enough for most drivers. You get snappy acceleration and quiet cruising, although I did feel the transmission stutter a couple of times when slowing down.

The steering is light but the car responds quickly and accurately, with easy parking-lot manoeuvrability and a solid highway feel.

The new front and rear styling is more angular. It updates nicely while maintaining an overall design that some say is too understated, but which I think is timeless: this car is going to look good 10 years from now. The interior upgrades are more subtle, with a new steering wheel and instrument cluster. The infotainment system is updated for 2016, and Volkswagen has finally added USB ports. My only complaint is with the power mirror switch, which feels cheap and wobbly, and is awkward to use. Other controls are simple and easy, and everything is backlit at night, including the lock and window switches.

> **As with most German cars, the seats are very firm, but don't let first impressions turn you off them.**

As with most German cars, the seats are very firm, but don't let first impressions turn you off them. They're very supportive and stay very comfortable on longer drives. Rear-seat legroom is good, and the trunk is huge.

Overall, even if you can't get a diesel anymore, the Passat is worthy of consideration.

THE CHECKLIST | 2016 VOLKSWAGEN PASSAT

THE BASICS

Type. Four-door, five-passenger midsize sedan
Power. 1.8-litre turbo four-cylinder (170); 3.6-litre V6 (280)
Transmission. Six-speed manual or six-speed automatic
Price. $23,295 (base), $33,795 (as-tested), plus destination

COOL FEATURES

- Adaptive cruise control.
- Blind spot monitor with cross-traffic alert.
- Auto-dimming rearview mirror.
- Rain-sensing wipers
  Second-row USB port
- Rearview camera on all trim levels.
- Remote starter.

PASSAT PHOTOS: JIL MCINTOSH/FOR METRO; ALL OTHERS HANDOUT

POINTS

- The turbocharged engine takes 87-octane regular-grade gasoline and is rated at a combined city-highway 8.0 L/100 km.
- Smartphone integration with Android Auto, Apple CarPlay and MirrorLink on all trim levels.
- The new centre screen has a proximity sensor that brings up icons when your hand gets close to it, and a display with pinch and swipe ability.

MARKET POSITION

- VW stumbled when it cheapened some models to break into the lower-priced U.S. mass market segment. It's returning to improved interiors and more features to win back its core audience.

THE COMPETITION

Chevrolet Malibu
Base price: $21,745

Ford Fusion
Base price: $23,249

Toyota Camry
Base price: $24,100

TOYOTA On the Park
CHOOSE 1 OF 3 OPTIONS:
2 YEAR FREE MAINTENANCE PACKAGE
$500 GAS CARD
$500 ACCESSORY PACKAGE.

TOYOTA On the Park
TOYOTA ONTARIO
TOYOTA CANADA
SMART BUY EVENT!
TOYOTA SMART BUY EVENT
2016 RAV 4**
2016 COROLLA**
LEASE OR FINANCE FROM 0% ON SELECT 2016 MODELS*
On now. Don't miss out!
*0% financing available on 2016 Camry, Corolla, Yaris and Venza's for 36 months. Corolla CE manual transmission lease is semi-monthly for 60 months with $3000 down payment (On CE model only). Includes freight and fees, HST extra. Up to $1000 Cash Rebate, applies to Corolla CE model only. Rav4 FWD LE all in lease payment is Semi-monthly for 60 months with $1,950 down payment. Includes freight and fees, HST extra. All in Finance price is Bi-weekly for 84 months. Includes freight and fees, HST extra. All in price includes freight and fees, HST extra.

HURRY IN
ENDS FEBRUARY 29TH
TOYOTA On the Park
1077 LESLIE ST., TORONTO, ON (Leslie & Eglinton)
1-888-475-7346
toyotaonthepark.ca

Niro fiddles with eco features

THE GREEN ANGLE
Metro's weekly picks for the latest in environmental news

2016 C-MAX ENERGI

Hybrid comes with three years of free charging

Charging an electric car is already much cheaper than paying for gasoline, notes alternate vehicle webmag Green Car Reports, but free charging can be even more attractive. Ford is exploring that appeal in California and Maryland for buyers of its 2016 C-Max Energi plug-in hybrid. The company's EV 1-2-3 Charge card grants free access to more than 500 public charging stations for three years after the date of purchase. Once activated, it can be used for charging the C-Max tall wagon at participating stations.

TEXT AND IMAGES BY WHEELBASE MEDIA

KIA

Compact hybrid Niro wto go on sale late 2016

Kia's upcoming Niro compact hybrid tall wagon is part of the company's plan to spend $10 billion US through 2020 on a lineup of eco-friendly cars, including electric vehicles and a hydrogen-fuel-cell vehicle. "We foresee a wide range of eco-friendly powertrains co-existing for an extended period of time," a company official said. Based on a concept shown at the 2013 Frankfurt auto show in Germany, the Niro will go on sale globally late in 2016, followed by a plug-in hybrid model. A 1.6-litre gasoline engine mated to a 32-kilowatt electric motor will motivate the Niro. Power will be sent to the front wheels through a six-speed transmission and energy will be stored in a battery pack.

IN BRIEF

Honda's Clarity Fuel Cell on sale this year
Honda's Clarity Fuel Cell hydrogen sedan will go on sale in late 2016, initially in California only, to be followed in 2018 by a plug-in hybrid with at least 64 kilometres of electric range.

BMW sports bike powered by electricity
An experimental electric motor is the power source for the latest iteration of BMW's S1000RR sports bike. The motor and the bike's range and performance are still mysteries.

Mercedez_Benz to build diesel engines near Detroit
Mercedes-Benz parent company will invest $375 million US at a complex near Detroit, Mich., to build diesel engines for medium duty trucks. It's part of a larger strategy of building and selling trucks, engines, transmissions and axles as a package.

HONDA
HONDA DOWNTOWN
WINTER SERVICE SPECIAL
15% OFF ALL PARTS & LABOUR
47 Eastern Ave., Toronto ON M5A 1H1 • 416-368-8181 • www.hondadowntown.ca

metro SPORTS

In the Air Tonight is fading out as Josh Donaldson's walk-up music; this year it'll be Ball Like This by L.A. Leakers feat. Future and Wiz Khalifa

LOGO LOOKS

Turning over an old Leaf for centennial season

The Maple Leafs unveiled a new (old?) logo last night. Here's a look at the evolution of the iconic Leaf.

NHL LEAFS, BRUINS PLAY INTO OVERTIME Bruins forward Brad Marchand chases down Maple Leafs blue-liner Morgan Rielly on Tuesday night in Boston. The pesky Marchand scored a pair but Rielly helped spur a third-period Leafs comeback to send the game to overtime, 3-3. Go to metronews.ca for the final score. CHARLES KRUPA/THE ASSOCIATED PRESS

Raptors star duo is NBA's best of 2016 ... so far

GETTY IMAGES

PLAYER OF THE MONTH

Lowry, DeRozan share top honour for January

Kyle Lowry and DeMar DeRozan are quickly coming to be known as the type of co-workers and friends that are inseparable and everyone — including the NBA's league office — is enjoying it.

The players that make up the Toronto Raptors starting backcourt/bromance were named co-Eastern Conference players of the month on Tuesday, as they were key in their team going 12-2 and running off a franchise-record 11-game win streak.

The announcement came a day after the streak came to an end with a 112-93 loss to the Nuggets in Denver.

The pair combined to average 45.6 points, 24 rebounds and 10.9 assists per game through January. Each player had won the monthly award previously, with DeRozan getting the nod in April 2015, and Lowry being recognized in December 2014.

Lowry, 29, averaged 21.7 points per game in January and was the only player in the conference to score more than 300 points, have 90-plus assists and 30-plus steals. DeRozan, 26, was second in Eastern Conference scoring through the month, averaging 23.9 points per game and scoring more than 20 points in eight games. He matched a career-high with three consecutive 30-plus-point games from Jan. 18 to 22.

Both players will take part in the all-star game in Toronto on Feb. 14, with Lowry the starting point guard and DeRozan named a reserve. TORSTAR NEWS SERVICE

2nd

During Monday night's loss to the Nuggets, Kyle Lowry passed Alvin Williams for second all-time on the Raptors' assists list.

Go to metronews.ca for coverage of the Raptors' late game in Phoenix Tuesday night.

IN BRIEF

Jays send cash to Mets for outfielder Ceciliani

Outfielder Darrell Ceciliani has been acquired by the Toronto Blue Jays from the New York Mets for cash.

The 25-year-old hit .206 with one home and five steals in 68 at-bats as a rookie last year. He batted .345 with 19 doubles, four triples, nine homers and 16 steals in 70 games with Triple-A Las Vegas of the Pacific Coast League.

Darrell Ceciliani GETTY IMAGES

A fourth-round selection in the 2009 amateur draft, Ceciliani was designated for assignment Jan. 27 to clear a roster spot when the Mets finalized their $75-million, three-year contract with Yoenis Cespedes. THE ASSOCIATED PRESS

TFC II adds Canadian veteran Pozniak as coach

Toronto FC II has added former Canadian international Chris Pozniak as an assistant coach.

The 35-year-old will work with head coach Jason Bent on the USL team. Stuart Neely remains head coach of the Toronto FC academy team. THE CANADIAN PRESS

Clippers waiting on results of Griffin inquiry

The Los Angeles Clippers will decide whether Blake Griffin joins them for the team's upcoming road trip after the NBA announces the results of its investigation of the star forward's punching of an assistant equipment manager.

Griffin broke his shooting hand in the Jan. 23 incident in Toronto between him and Matias Testi. Both men were sent back to Los Angeles, and Griffin hasn't been at Staples Center for the team's recent home games against the Lakers and Bulls. THE ASSOCIATED PRESS

Blake Griffin GETTY IMAGES

ONE NATION ONE TEAM

A SEASON TO REMEMBER

TORONTO STAR
NOW AVAILABLE WHEREVER BOOKS ARE SOLD!
A SEASON TO REMEMBER
How Canada's Team Gave Us Our Best Summer in Twenty-Two Years

A team 22 years in the making.

What started as a baseball season like any other became the most thrilling sports story of 2015. In this special commemorative book, relive the entire spectacular 2015 run. Beautifully illustrated with action and candid photographs, and with exclusive content from the *Toronto Star*, this is

the must-have book for every fan.

Penguin Random House Canada

penguinrandomhouse.ca

STAR STORE.ca

TO ORDER, COMPLETE AND MAIL THIS COUPON TO: StarStore, One Yonge St., Toronto ON M5E 1E6
Attention: **A Season to Remember** – OR – Order online at **www.StarStore.ca**

Name .....
Address .....
Apt ..... City ..... Province .....
Postal Code ..... Telephone .....
Email address .....
Credit card ..... Expiry date .....

Please send me the following
(all prices include applicable taxes):

..... copies of **A Season to Remember**
@ $23.10 ea. = $.....
Please add $6.25 shipping = $.....
TOTAL = $.....

STAR STORE.ca

Make cheque or money order payable to StarStore. Please allow 3 weeks for delivery.

Oher 'a key asset' on the blindside

NFL

Film-famous tackle rewards Panthers for giving him shot

When Cam Newton discovered the Carolina Panthers planned to make a run at signing Michael Oher last off-season, he texted the free agent offensive tackle: "I need you. I don't want you. I NEED you." Newton had sent text messages before to potential free agent prospects — but this time he was desperate.

The Panthers weren't planning to re-sign struggling left tackle Byron Bell, and Newton needed someone to protect his blindside. He thought Oher, the main character in the popular movie by that name, would be a perfect fit. The fifth-year quarterback turned out to be right.

Oher is having his best statistical season, and the Panthers (17-1) are the highest-scoring offence in the league and will play the Denver Broncos in the Super Bowl on Sunday.

"Yeah, it meant a lot," Oher said emphatically Monday night. "I mean, it's Cam Newton. You get a text from Cam Newton telling you that he needs you, well, you appreciate that. It's definitely something that resonated with me."

Turns out Newton had inside knowledge on Oher.

Tackle Michael Oher is enjoying his best statistical season, his first with the Panthers. STREETER LECKA/GETTY IMAGES

Newton's younger brother Cecil, an offensive lineman, had been teammates with Oher with the Baltimore Ravens and raved to his brother about Oher's work ethic and professionalism.

Newton bought in — and so did the Panthers.

Oher signed a two-year, $7-million contract with Carolina, a move that wasn't particularly popular with Panthers fans considering he'd struggled in 2014 with the Tennessee Titans and been released one year into a three-year contract.

4

Oher allowed just four sacks this season.

"I got killed on that one," Panthers general manager Dave Gettleman said.

But Oher has been solid. In fact, he's been more than solid, helping the Panthers finish second in the NFL in rushing and helping Newton achieve an MVP-type season with 45 combined touchdowns.

Oher played in 98.4 per cent of the team's snaps this season and allowed a career-low four sacks — tied for eighth-fewest in the league — and was penalized only three times for 25 yards, according to STATS. Those numbers were a major improvement over his final two seasons in Baltimore, when he allowed a combined 21-1/2 sacks, and last season when he allowed six sacks in 11 starts with the Titans.

"He's been a key asset to say the least," Newton said.

Panthers centre Ryan Kalil said Oher had the perfect personality to fit in on Carolina's comedic offensive line.

"Michael Oher has a great personality and an incredible work ethic," Kalil said. "You talk about trying to add talent to your football team, but you also want good character guys who will rub off on the younger guys and show guys what it means to be a pro — and Michael Oher is the epitome of that."

THE ASSOCIATED PRESS

FRIENDLY FIRE

Teammates regularly tease Oher about The Blind Side — a movie Oher doesn't particularly like because he felt it portrayed him as a kid who doesn't like football.

Panthers right tackle Mike Remmers is the first to text Oher to tell him when the movie is on TV — and it seems to be on all of the time.

Remmers also regularly recites lines from the movie, drawing a roll of the eyes from Oher.

Leicester's Jamie Vardy scoring that special goal. GETTY IMAGES

PREMIER LEAGUE

Vardy's sweet volley keeps Leicester top

Jamie Vardy's stunning volley set Leicester on its way to a 2-0 victory over Liverpool on Tuesday, keeping the unlikely title challengers top of the Premier League on a night Manchester United rediscovered its scoring touch at Old Trafford.

England striker Vardy volleyed in a looping shot from 25 metres before adding another goal to sink Liverpool at King Power Stadium. Manchester City and Tottenham also won to stay in touch with Leicester, but Arsenal was held 0-0 by Southampton and dropped to fourth place.

United beat Stoke 3-0, scoring in the first half at home for the first time since September. Jesse Lingard, Anthony Martial and Wayne Rooney scored for United.

Sergio Aguero was the match winner for City in a 1-0 victory at Sunderland. Tottenham won 3-0 at Norwich thanks to a double from Harry Kane and another goal from young midfielder Dele Alli. The win lifted Spurs to third.

Also, Aston Villa had forward Jordan Ayew sent off in a 2-0 loss at West Ham, which left the league's last-place team 10 points adrift of safety.

West Bromwich Albion scored two minutes into injury time to draw 1-1 against Swansea, and Bournemouth won 2-1 at Crystal Palace. THE ASSOCIATED PRESS

DIVISION TABLE

	GP	W-D-L	Pts.
Leicester	24	14-8-2	50
Man. City	24	14-5-5	47
Tottenham	24	12-9-3	45
Arsenal	24	13-6-5	45
Man. United	24	11-7-6	40
West Ham	24	10-9-5	39
S'hampton	24	9-7-8	34
Liverpool	24	9-7-8	34
Stoke City	24	9-6-9	33
Watford	23	9-5-9	32
Crystal Pal.	24	9-4-11	31
Everton	23	6-11-6	29
West Brom	24	7-8-9	29
Chelsea	23	7-7-9	28
B'mouth	24	7-7-10	28
Swansea	24	6-8-10	26
Norwich	24	6-5-13	23
Newcastle	23	5-6-12	21
Sunderland	24	5-4-15	19
Aston Villa	24	2-7-15	13

Champions League
Europa League
Relegation

metro Service Directory To advertise contact Ian March at 416-443-4388

CAREER

Active Career Advancement Project

Are you an internationally trained professional?

- Working 20 hours or more in a job which underutilizes your education and expertise?
- Seeking an alternative career relevant to your professional training?
- Residing in Canada more than 5 years?

Contact us for more information about the Active Career Advancement Project.

tel. 905.770.7040 ext. 232
www.acapcanada.ca acap.gta@success.bc.ca

Pathways to Possibilities Parcours Vers l'avenir

BECOME A BUSINESS OWNER
Learn how to start an ONLINE BUSINESS!
FREE 2 HR WORKSHOP
FEB 9, 10, 11, 2016
SCARBOROUGH, TORONTO, MARKHAM
Get your FREE ticket & more details at www.Freedom-Event.net

DIVORCE
DIVORCE
Simple, in weeks*
- Debt collection/ Landlord Tenants
- Small Claims Court
416-880-4600
www.quickform.ca
* By Lawyer, conditions apply

PSYCHIC
Master: KASHI
The Most Powerful Spiritual Healer
Solves all Problems
Love * Marriage * Kids
Education * Business* Job
Money * Health * Sexual
Family Prob * Enemy*Court
100%Removing Black Magic*Evil Spirits*Obeya*Voodo*Jodo*Bad Luck*Jealousy*Witchcraft*And Gives Strong Protection...
647-720-6311
1069 Dundas St W Mississauga L5C 1C3

EMPLOYMENT
AUTO DETAILERS NEEDED FOR 2016 AUTO SHOW
Feb. 03-21, all shifts available, exp. an asset.
Serious candidates only, interview req'd.
F: 416-530-1600;
E: office@signatureserve.com

metro
Tell us how you really feel.
Join our online reader panel and help make your Metro even better. metronews.ca/panel

FINANCIAL

OVERWHELMED BY DEBT?
CALL THE Licensed Debt Professionals™
GET OUT OF DEBT!
- Avoid Bankruptcy
- 1 Low Monthly Payment
- No Interest Charges
- Stop Collection Calls
- Government Licensed Proposal Administrators

David Sklar, CPA, CA, CIRP, Trustee

FREE Consultation 310-9200
(NO AREA CODE NEEDED)
DAVID SKLAR & ASSOCIATES INC.
Licensed Proposal Administrators & Trustee in Bankruptcy
HEAD OFFICE: 245 FAIRVIEW MALL DRIVE, SUITE 720, TORONTO, ON, M2J 4T1
NORTH YORK • TORONTO • PICKERING / AJAX • MISSISSAUGA / ETOBICOKE • BRAMPTON
www.DavidSklar.com

TOO MANY BILLS...
...GET A FRESH START!

Bankruptcy • Proposals
Debt Counselling
416-740-5400
Toronto • Rexdale
Etobicoke • North York
Don Mills • Bloor West
Scarborough
KEVIN THATCHER & ASSOCIATES LTD.
TRUSTEE IN BANKRUPTCY
905-273-6300 Mississauga • Brampton
1-888-329-5198 www.billfixer.com
FREE CONSULTATIONS
EVENING APPOINTMENTS
FLEXIBLE PAYMENTS
Head Office: Rexdale, others non-resident

CALL ERIKA
(LICENSED DEBT EXPERT)
STOP COLLECTION CALLS
GET DEBT RELIEF NOW!
Reduce or Eliminate Tax Debt too.
Stop Garnishments and Court Actions
Debt Proposals, Debt Counselling, Avoid Bankruptcy
Call NOW to talk with a Government-Licensed Expert
Low income? No problem! Ask about our affordable, very low fee to get Debt-Free.
We're here to help. Friendly, Caring Professionals.
Free consultation. Same day appointments.
1-877-332-8416
416-288-8048
Scarborough (Main office), Weston,
Brampton, Oshawa, Mississauga (Pt Credit)
Rusinek & Associates Inc Trustee in Bankruptcy www.rusinek.ca

MORTGAGES
1st & 2nd Mortgages
Debt Consolidation
*Low Rates, *No Fees
Bad Credit Welcome
*CREDIT APPROVED
*terms and conditions apply Lic# 10154
MORTGAGE GENIE
www.mortgagegenie.org
416-667-9834

Save THOUSANDS and be debt FREE
MR. Debt Solutions
416.424.1510
Up to 85% Debt Reduction
Pay ZERO INTEREST
* Home Service Available
* Credit Rebuild Program
* Free Credit Check
Free $100 Gift Card
www.mrdebtsolutions.com

DEBT RELIEF
Are you drowning in debts?
I can help you...
- Consolidate debts, no interest
- Settle your debts without a bankruptcy
- Stop collection calls and garnishments
- Get rid of tax debts and court actions

NONA KUMAR
Estate Administrator
Credit Counsellor
Free Consultation: 416.455.7709
Evenings and weekends appointment also available
Rumanek & Co. Ltd. Administrators of Proposals, Trustee in Bankruptcy & Debt Consolidation Arrangements: Head Office in North York, ON. Offices in Scarborough & Mississauga.

MORTGAGE APPROVED!
- 1st and 2nd Mortgage for any purpose.
- Refinance to 87%. Purchase to 95%.
- With rates at historic lows, now is the time to re-finance your home!
- Consolidate cards into 1 payment
- Self-employed? Stated income.
- Good and bad credit are welcome!
- Behind in Mortgage Payments?

WE CAN HELP!
HOMELAND MORTGAGE
416-913-9593
WWW.HOMELANDMORTGAGE.ORG
License # 11991

LOWEST RATES for bad credit loans since1984
What would you do with $20,000?
PFS
✓ College Tuition?
✓ Home Renovation?
✓ Wedding?
✓ Travel?
You decide.
Paid off car 6 years or newer?
Borrow up to $20,000 the same day!
416-634-2013 BorrowWithYourCar.com
*Call for details and conditions
A division of Prudent Financial Services

PSYCHIC

World Spiritual Astrologer & Psychic
Master: HARI KRISHNA 9th GENERATION PSYCHIC
NOBODY CAN BREAK MY PROTECTION, ITS MY CHALLENGE

Tells Past, Present & Future.
Health, Happiness, Love,Work
Family, Husband-Wife,Children
Jealousy, Money, Court, Sexual
Enemy, Lottery & Good Luck etc
SPECIAL: I WILL REJOIN LOVERS IN 9 DAYS
REMOVES BLACK MAGIC, JADOO, WITCHCRAFT,
EVIL SPIRITS & PROVIDES LIFELONG PROTECTION
647-299-7352 416-276-6233
2519 Finch Ave W, North York
M9M 2G1 (FINCH & MILVAN)
Major Intersection - FINCH & WESTON

INTERNATIONAL ASTROLOGER & PSYCHIC
Pandit: JAYRAM JI
Master Removes BLACK MAGIC Jadoo, Vodoo Tona
Obeya Witchcraft & Gives 100% Lifelong Protection
I CAN HANDLE ANY KIND OF PROBLEM
BEST SOLUTIONS FOR YOUR BEST FUTURE
*Love Husband-Wife *Relationship *Marriage *Court *Teenage issues
*Job *Money *Health *Jealousy *Lucky *Number *Enemy *Depression
*Promotion *Business *Sexual *Personal Matters
Cell: 647-739-0466
1221 Markham rd, Scarborough (MARKHAM & ELLESMERE)
100% Satisfaction Guaranteed

PSYCHIC & ASTROLOGER
PANDIT: GANESH
Experrt in Mantric, Tantric, Vashikaran.
Solves all Problems
1 FREE QUESTION
Removes & Destroy all Types of Black Magic, Negativity, Obeya
Bad Luck& Gives 100% Protection
Meet me once to Get Permanent Solutions
1415 Kennedy Rd, #7, Next to RBC, Scarborough KENNEDY & ELLESMERE
416-471-1211

Pandit: MAHA DEVA
PSYCHIC FORTUNE TELLER
Removes Black Magic, Jadoo, Vodoo, Obeya & Gives 100% Protection
Removes Black Magic in 24 Hrs
NOBODY CAN BREAK HIS PROTECTION
FAMILY, LOVE, MARRIAGE, KIDS, STUDY, HEALTH, JOB,BUSINESS, COURT ETC
647-739-8222
2300 Lawrence Ave E, #10 Scarborough
Inside Smoke & Gift (KENNEDY & LAWRENCE)

KALBHAIRAVA FAMOUS ASTROLOGY CENTER
PANDIT: SHIVA BABA
35 Years Experienced
IF YOU BELIEVE IN YOURSELF, COME AND GET 100% GAUARANTEED SOLUTIONS
Tells Past, Present & Future. Solves Problems: Sickness, Work Education, Marriage, Court, Black Magic, Secret Matters Etc
CALL FOR 1 FREE QUESTION
Provides Best Solutions for Best Future
647-622-0554
3005 Islington Ave, Unit #1B, North York ON M9L 2K9 (Between Steeles & Finch) Intersection - Islington Ave & Millwick Dr
1062 Albion Rd Etobicoke ON M9V 1A7, Inside POOJA HUT (Albion & Islington)

EDUCATION

Be A Law Professional In Months

➢ Paralegal*
➢ Law Clerk*
➢ Immigration Consultant*
* with internship
647.691.0889
AOLTORONTO.COM
Financial Assistance May Be Available To Those Who Qualify
The Academy of Learning Career & Business College (Bay/Bloor) is registered under the PCC act 2005 and operated by 1069195 Ontario INC.

Become a Physiotherapist Assistant In Months!

Financial Assistance May Be Available to Those Who Qualify
ANDERSON COLLEGE
OF HEALTH, BUSINESS AND TECHNOLOGY
YOUR TRAINING. YOUR CAREER. YOUR FUTURE.
Downtown: 647.691.0901
North York: 647.360.2072
ANDERSONCOLLEGE.COM
Anderson College of Health, Business and Technology is Registered as a Private Career College under the Private Career Colleges Act, 2005 and is operated by Robertech Institute Inc. Not all programs are available at each location.

RECIPE Pork Fried Noodles

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This is one of the dishes that make you feel like it came from a restaurant rather than your own kitchen. In other words, be prepared to crave it every week.

Ready in
Prep time: 45 minutes
(30 minutes marinade time)
Total time: 65 minutes
Serves 4 to 6

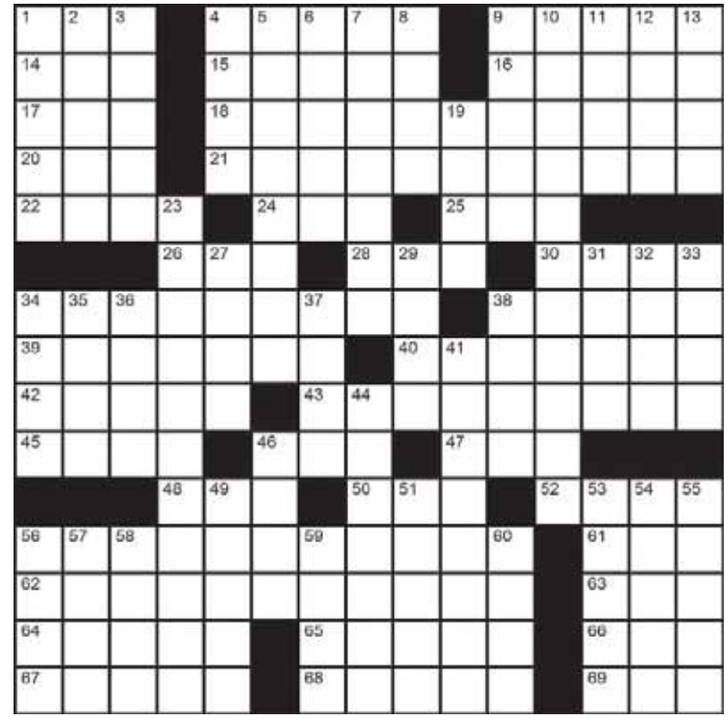
Ingredients
- 1 lb ground pork or chicken
- 1 Tbsp corn starch
- 2 Tbsp canola oil, divided
- 1 tsp sugar
- 3 cloves garlic, minced
- 1 onion, chopped
- 1 carrot, grated
- 1 cup bean sprouts
- 1/2 cups chopped green beans
- 1 Tbsp soy sauce
- 1 tsp fish sauce
- 1 tsp salt
- 1 tsp pepper
- 1 package of noodles

Directions
1. Marinate pork in soy sauce, corn starch, 1 Tbsp oil and sugar for 30 minutes.
2. In a large frying pan, heat remaining oil over medium heat. Add garlic and onion, lower heat and cook until translucent. Add chopped meat to pan. Cook meat thoroughly, about 5 minutes.
3. Cook noodles in boiling water according to package directions. Drain and put aside.
4. Mix carrot, bean sprouts and green beans into meat mixture. Toss and blend together then add fish and soy sauce as well as salt and pepper. Sauté until vegetables cook, about 3 to 5 minutes. Then remove from heat.
5. Toss vegetables and all its liquid with noodles and serve.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Not on
4. Fictional town in Maine in Stephen King tales
9. Filing letter headings...
14. _ shot (Seasonal needle)
15. Ms. James' of song
16. Ms. Channing
17. Weight unit, variantly
18. Weightlifter's repetitive arm exercise: 2 wds.
20. Energy unit
21. Sports... They occur in overtime: 2 wds.
22. Newbie
24. Nero's 56
25. French 'friend'
26. Director Ang
28. Wee cooking measurement
30. Sweet'_ _ (Sugar substitute)
34. Dry up
38. Bright lizard
39. Versus
40. Q-tips user, say
42. 1978 hit for Canadian singer Gino Vannelli: "I Just _ Stop"
43. Quaint bathroom sink
45. Hitch
46. Lettered carpooling lane
47. 'Jacob' suffix
48. Harper Valley gr.
50. Bard's 'throughout'
52. Horse-hauled cart
56. Happenings
61. Alter _
62. Michael J. Fox's wife who played his girlfriend on "Family Ties": 2 wds.
63. Evian, par exemple
64. Distance races, in slang, e.g.: wds.
65. "The Poseidon Adventure" (1972) director Ronald
66. Mr. Diesel
67. View, Bible-style
68. Composer/pianist Erik
69. Manchester, _.

DOWN
1. A lot
2. Plant life
3. Mushrooms
4. _ collector
5. Online stores
6. Religious title, e.g.: 2 wds.
7. 1981: "I Love a Rainy Night" by Eddie _
8. Flanders river
9. Happy as _ _ (Glad)
10. Toronto-born singer/songwriter Robbie Robertson was once part of Bob Dylan's what?: 2 wds.
11. Rock's Motley _
12. _ Rebellion (Early-1840s insurrection in Rhode Island)
13. Building additions
19. Spring
23. Hazards in hockey: 2 wds.
27. Dame _ Everage
29. Legis. meeting
31. Sci. rooms
32. Sacred Buddhist peak
33. Notify of danger
34. Stealing birds
35. "A Summer Place" (1959) star Richard
36. Juliette Binoche's "The English Patient" (1996) character
37. It's _ _-way street
38. Rhyming scheme
41. "What place is this?": 3 wds.
44. Anne of Green Gables setting
46. Large instrument
49. Unfaithful one's meet up
51. Splendid display
53. Actor Christopher
54. An additional time
55. "Forever _" by Rod Stewart
56. Baseball great Mel's surnamesakes
57. First Nation of Manitoba
58. Furniture making material
59. Ages and ages
60. Dagger of yore

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You may feel as if you can take on the world and win, and maybe you can, but don't get over-confident or you could be in for a major let-down. Life moves in cycles. Nothing stays the same, so be ready for change.

Taurus April 21 - May 21
You have a vague feeling that something is not quite right but you can't put your finger on what. Usually your instincts are spot on but this time, it seems, they have got it wrong.

Gemini May 22 - June 21
You have something to say. Certain people are unlikely to welcome your words. For you the truth is sacred and you won't keep quiet just to make others feel good.

Cancer June 22 - July 23
Stop wasting time and energy on activities that don't pay. Start today by turning down a social invitation that's not important. Don't worry that they won't ever invite you again — that's something to be thankful for.

Leo July 24 - Aug. 23
The old always gives way to the new. Keep that thought in mind today and it will be easier to let go of something that is holding you back.

Virgo Aug. 24 - Sept. 23
It may seem strange to others that you spend so much time thinking and analyzing but to you it's natural. You will be in an especially thoughtful mood today, so don't weigh yourself down with practical matters.

Libra Sept. 24 - Oct. 23
There's a task that needs finishing. Get to it before time runs out this weekend. Make a special effort to tackle it today and you'll be surprised how easily things it comes together.

Scorpio Oct. 24 - Nov. 22
You don't take kindly to others disagreeing with you but someone will ignore your advice and follow their own path today. Don't make an issue of it. You can say "I told you so" later!

Sagittarius Nov. 23 - Dec. 21
You find it easy to accept that different people see things in different ways. That's good because one particular person has been acting strangely. Make it your business to understand them — then help them.

Capricorn Dec. 22 - Jan. 20
Upheavals are likely today and there is not much you can do about them. Come the weekend you'll move into a more positive phase, one in which you can call the shots for a change.

Aquarius Jan. 21 - Feb. 19
More than most you realize that change is necessary. Hold onto that positive attitude today as certain people upset the status quo. You can't change what they're doing but you can find ways to benefit from it.

Pisces Feb. 20 - March 20
You can be a bit too obliging for your own good but that is not an option now. You are going to have to fight for what you desire. Throw off that "nice guy" tag once and for all.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	2					6	1	4
9	4			3	7	2		8
				4			7	9
			8				3	
	7	5		9		1	6	
	3				6			
4	9			1				
6		1	4	7			2	3
3	8	7					4	

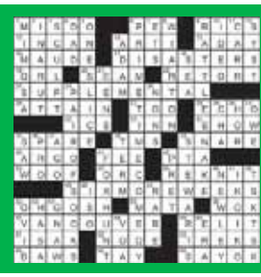
©2015 Conceptis Puzzles, Dist. by King Features Syndicate, Inc.

your city just got shoppable.
urban swag for the new metropolitan
mymetrostore.ca shop your city

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



7	5	9	1	6	4	8	3	2
2	8	3	7	9	5	1	6	4
6	4	1	8	2	3	9	5	7
4	6	2	3	1	9	5	7	8
5	9	8	2	4	7	6	1	3
1	3	7	5	8	6	2	4	9
3	7	6	9	5	8	4	2	1
9	1	5	4	3	2	7	8	6
8	2	4	6	7	1	3	9	5

The Captain's Red Label Fares
with more inclusions than any other airfare.
Book a flight to Europe with Delta Air Lines, KLM, Air France or Alitalia and receive:
$150* towards your hotel, tour, or car rental
Price Drop Guarantee*
24/7 Customer Care and more!
FLIGHT CENTRE The Airfare Experts 1 866 502 4269
Conditions apply. *For full terms and conditions please speak with a Flight Centre Travel Expert or visit flightcentre.ca/flightsIred-label-fares. Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations. ONT. REG #4671384

MADE FOR [NEW BEGINNINGS]

KIA

NEW YEAR NEW KIA SALES EVENT

OFFER ENDS FEB 29

UP TO

0% FINANCING FOR UP TO 60 MONTHS[Φ] + **$4,000** IN DISCOUNTS[Φ]

ON SELECT MODELS

+

DON'T PAY FOR 90 DAYS[†]

ON ALL MODELS

Sorento SX Turbo AWD shown[‡]

AJAC
www.ajac.ca

AUTOMOBILE JOURNALISTS ASSOCIATION OF CANADA
BEST NEW SUV ($35,000 – $60,000)

2015 SORENTO
"HIGHEST RANKED MIDSIZE SUV IN INITIAL QUALITY IN THE U.S." BY J.D. POWER.

THE ALL-NEW 2016 SORENTO 2.4L LX FWD

STANDARD FEATURES:
HEATED FRONT SEATS
BLUETOOTH® CONNECTIVITY

AWD AVAILABLE **ALL-WHEEL DRIVE**

LEASE FROM **$135**/BI-WEEKLY[≠]

$1,950 DOWN AT **1.9%** APR FOR 60 MONTHS[≠]

INCLUDES $500 IN DISCOUNTS[≠] | PLUS $500 COMPETITIVE BONUS**

Sportage SX Luxury shown[‡]

HEATED SIDEVIEW MIRRORS · HEATED FRONT SEATS · HEATED STEERING WHEEL

HEATED EVERYTHING

The new year is no time for frostbite. Great available heated features like these will help you power through winter.

Forte SX AT shown[‡]

2016 AWD SPORTAGE
5-Star Safety Ratings
More Stars. Safer Cars.

THE NEW 2016 SPORTAGE LX MT

LEASE FROM **$106**/BI-WEEKLY[≠]

$1,950 DOWN AT **1.9%** APR FOR 60 MONTHS[≠]

INCLUDES $500 IN DISCOUNTS[≠] | PLUS $500 COMPETITIVE BONUS**

STANDARD FEATURES:
HEATED FRONT SEATS
BLUETOOTH® CONNECTIVITY

AWD AVAILABLE **ALL-WHEEL DRIVE**

5-Star Safety Ratings
More Stars. Safer Cars.

THE NEW 2016 FORTE SEDAN LX MT

LEASE FROM **$66**/BI-WEEKLY[≠]

$975 DOWN AT **0%** APR FOR 60 MONTHS[≠]

INCLUDES $1,300 IN DISCOUNTS[≠]

AVAILABLE FEATURES:
HEATED FRONT & REAR SEATS | REARVIEW CAMERA

5 Year Warranty

WE'VE GOT YOU COVERED
*5-year/100,000 km worry-free comprehensive warranty.

See **kia.ca** for more

KIA
The Power to Surprise

Offer(s) available on select new 2015/2016 models through participating dealers to qualified retail customers who take delivery from February 2 to 29, 2016. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers are subject to change without notice. All pricing and payments include delivery and destination fees up to $1,725, $5 OMVIC fee, $29 tire fee, and $100 A/C charge (where applicable). Excludes other taxes, licensing, PPSA, registration, insurance, variable dealer administration fees, fuel-fill charges up to $100, and down payment (if applicable and unless otherwise specified). Other lease and financing options also available. [Φ]0% financing for up to 60 months plus up to $4,000 discount available on select 2015/2016 models. Discount is deducted from the negotiated purchase/lease price before taxes. Certain conditions apply. See your dealer for complete details. **Representative Financing Example:** Financing offer available on approved credit (OAC), on a new 2015 Optima LX AT (OP742F) with a selling price of $26,474 is based on monthly payments of $375 for 60 months at 0% with a $0 down payment and first monthly payment due at finance inception. Offer also includes $4,000 discount (loan credit). Other taxes, registration, insurance and licensing fees are excluded. [**]$500 Competitive Bonus offer available on the retail purchase/lease of any new 2016 Sportage, 2016 Sorento and 2016 Optima from participating dealers between February 2 to 29, 2016 upon proof of current ownership/lease of a select competitive vehicle. Competitive models include specific VW, Toyota, Nissan, Mazda, Mitsubishi, Hyundai, Honda, GM, Ford, Jeep, Pontiac, Suzuki, Saturn, Chrysler, Chevrolet, Subaru, BMW, Mercedes-Benz, Lexus, Land Rover, Infiniti, Acura, Audi, Lincoln, Volvo and Buick vehicles. Some conditions apply. See your dealer or kia.ca for complete details. [†]"Don't Pay For 90 Days" on all models (90-day payment deferral) applies to purchase financing offers on all new 2015/2016 models on approved credit. No interest will accrue during the first 60 days of the finance contract. After this period, interest starts to accrue and the purchaser will repay the principal interest monthly over the term of the contract. Offer ends February 29, 2016. [≠]**Representative Leasing Example:** Lease offer available on approved credit (OAC), on the 2016 Sportage LX MT FWD (SP55IG)/2016 Sorento LX 2.4L FWD (SR75AG)/2016 Forte Sedan LX MT (F0541G) with a selling price of $24,854/$29,354/$17,574 (includes $500/$500/$1,300 lease credit discount) is based on a total number of 130 bi-weekly payments of $106/$135/$66 for 60 months at 1.9%/1.9%/0%, with $0 security deposit, $1,950/$1,950/$975 down payment and first monthly payment due at lease inception. Total lease obligation $13,772/$17,566/$8,634 with the option to purchase at the end of the term for $10,176/$11,142/$6,665. Lease has 16,000 km/yr allowance (other packages available and $0.12/km for excess kilometres). [‡]Model shown Manufacturer Suggested Retail Price for 2016 Sorento SX Turbo AWD (SR75IG)/2016 Forte SX AT (F0748G)/2016 Sportage SX Luxury (SP759G) is $42,095/$26,695/$38,495. The Bluetooth® wordmark and logo are registered trademarks and are owned by Bluetooth SIG, Inc. The Sorento received the lowest number of problems per 100 vehicles among midsize SUVs in the proprietary J.D. Power 2015 U.S. Initial Quality Study℠. Study based on responses from 84,367 U.S. new-vehicle owners, measuring 244 models and measures opinions after 90 days of ownership. Proprietary study results are based on experiences and perceptions of U.S. owners surveyed from February to May 2015. Your experiences may vary. Visit jdpower.com. Government 5-Star Safety Ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.SaferCar.gov). Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation.